



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Tussing, Werner

Club: Erfurt

Number: 89

Course: 5.00 km

5-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 28:03

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 20 (of 30)

Rank in course/Men: 14 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 28:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.38	7:11	5:12	1	-	18	1:42	1.38	7:11	5:12	1	-	18	1:42
Lap 2	2.34	13:36	5:48	1	-	15	4:06	3.72	20:47	5:35	1	-	14	5:48
Last lap Finish	1.28	7:16	5:40	1	-	11	2:07	5.00	28:03	5:36	1	-	14	7:55