



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Naue, Sacha

Club: Weimar

Number: 88

Course: 5.00 km

5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 28:37

Speed: 10.48 km/h

Running performance: 5:43 min/km

Rank in course/Total: 21 (of 30)

Rank in course/Men: 15 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 28:37

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	7:19	5:18	1	-	19	1:50	1.38	7:19	5:18	1	-	19	1:50
Lap 2	2.34	13:35	5:48	1	-	14	4:05	3.72	20:54	5:37	1	-	15	5:55
Last lap Finish	1.28	7:43	6:01	1	-	16	2:34	5.00	28:37	5:43	1	-	15	8:29