



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Maximilian, Mielke

Club: Arnstadt

Number: 99

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 28:46

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 22 (of 30)

Rank in course/Men: 16 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 28:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	7:09	5:10	1	-	14	1:40	1.38	7:09	5:10	1	-	14	1:40
Lap 2	2.34	13:53	5:55	1	-	17	4:23	3.72	21:02	5:39	1	-	17	6:03
Last lap Finish	1.28	7:44	6:02	1	-	17	2:35	5.00	28:46	5:45	1	-	16	8:38