



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Tiews, Sönke

Club: FV Hochsprung mit Musik

Number: 91

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 30:29

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 24 (of 30)

Rank in course/Men: 18 (of 20)

Best time in course: 20:08

Rank in category: 3(of 4)

Best time in the category: 22:09

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	7:09	5:10	3	1:25	14	1:40	1.38	7:09	5:10	3	1:25	14	1:40
Lap 2	2.34	16:04	6:51	3	5:17	18	6:34	3.72	23:13	6:14	3	6:42	18	8:14
Last lap Finish	1.28	7:16	5:40	3	1:38	11	2:07	5.00	30:29	6:05	3	8:20	18	10:21