



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Fu, Weiping

Club: Arnstadt

Number: 105

Course: 5.00 km

5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 33:34

Speed: 8.94 km/h

Running performance: 6:43 min/km

Rank in course/Total: 30 (of 30)

Rank in course/Men: 20 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 33:34

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	7:41	5:34	1	-	20	2:12	1.38	7:41	5:34	1	-	20	2:12
Lap 2	2.34	17:32	7:29	1	-	20	8:02	3.72	25:13	6:46	1	-	20	10:14
Last lap Finish	1.28	8:21	6:31	1	-	20	3:12	5.00	33:34	6:42	1	-	20	13:26