



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Petzold, Lars

Club: Niederwillingen

Number: 6

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 14:46

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 6 (of 22)

Rank in course/Men: 3 (of 7)

Best time in course: 14:00

Rank in category: 1(of 1)

Best time in the category: 14:46

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	1.72	8:18	4:49	1	-	4	0:22	1.72	8:18	4:49	1	-	4	0:22
Last lap Finish	1.28	6:28	5:03	1	-	3	0:24	3.00	14:46	4:55	1	-	3	0:46