



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Lau, Siu Hin

Club: Jena

Number: 103

Course: 5.00 km

5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 20:08

Speed: 14.90 km/h

Running performance: 4:02 min/km

Rank in course/Total: 1 (of 30)

Rank in course/Men: 1 (of 20)

Best time in course: 20:08

Rank in category: 1(of 2)

Best time in the category: 20:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.38	5:29	3:58	1	-	1	-	1.38	5:29	3:58	1	-	1	-
Lap 2	2.34	9:30	4:03	1	-	1	-	3.72	14:59	4:01	1	-	1	-
Last lap Finish	1.28	5:09	4:01	1	-	1	-	5.00	20:08	4:01	1	-	1	-