



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Greifzu, Tobias**

Club: Arnstadt  
Number: 161

Course: 3.00 km  
McDonald`s 3-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 14:07

Speed: 12.75 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 11 (of 30)

Rank in course/Men: 8 (of 14)

Best time in course: 11:44

Rank in category: 1(of 1)

Best time in the category: 14:07

### 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	1.72	8:15	4:47	1	-	9	1:41	1.72	8:15	4:47	1	-	9	1:41
Last lap Finish	1.28	5:52	4:34	1	-	6	0:51	3.00	14:07	4:42	1	-	8	2:23