



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Kaufmann, Dominique

Club: LSV Lok Arnstadt

Number: 156

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 14:43

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 14 (of 30)

Rank in course/Men: 11 (of 14)

Best time in course: 11:44

Rank in category: 1(of 1)

Best time in the category: 14:43

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	8:18	4:49	1	-	10	1:44	1.72	8:18	4:49	1	-	10	1:44
Last lap Finish	1.28	6:25	5:00	1	-	11	1:24	3.00	14:43	4:54	1	-	11	2:59