



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

Irlenbusch, Franz

Club: LSV Lok Arnstadt

Number: 160

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 14:26

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 12 (of 30)

Rank in course/Men: 9 (of 14)

Best time in course: 11:44

Rank in category: 4(of 5)

Best time in the category: 11:44

### 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	8:14	4:47	4	1:40	8	1:40	1.72	8:14	4:47	4	1:40	8	1:40
Last lap Finish	1.28	6:12	4:50	4	1:03	9	1:11	3.00	14:26	4:48	4	2:42	9	2:42