



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Herda, Marcus

Club: Fes-Bahntechnik

Number: 166

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 15:28

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 22 (of 30)

Rank in course/Men: 13 (of 14)

Best time in course: 11:44

Rank in category: 1(of 1)

Best time in the category: 15:28

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	8:45	5:05	1	-	13	2:11	1.72	8:45	5:05	1	-	13	2:11
Last lap Finish	1.28	6:43	5:14	1	-	13	1:42	3.00	15:28	5:09	1	-	13	3:44