



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Fleischer, Heimbart**

Club: Katholische Laufjugend Arnstadt  
Number: 181

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

Category:  
Senioren M65 (65-69 Jahre)

Total time: 17:04

Speed: 10.55 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 28 (of 30)

Rank in course/Men: 14 (of 14)

Best time in course: 11:44

Rank in category: 1(of 1)

Best time in the category: 17:04

### 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	9:01	5:14	1	-	14	2:27	1.72	9:01	5:14	1	-	14	2:27
Last lap Finish	1.28	8:03	6:17	1	-	14	3:02	3.00	17:04	5:41	1	-	14	5:20