



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Knabe, Robert

Club: ThSV 1886 Geschwenda
Number: 7

Course: 5.00 km
5-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 25:39

Speed: 11.70 km/h
Running performance: 5:08 min/km

Rank in course/Total: 13 (of 29)

Rank in course/Men: 10 (of 17)

Best time in course: 17:20

Rank in category: 4(of 4)

Best time in the category: 17:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.38	6:24	4:38	4	1:59	10	1:59	1.38	6:24	4:38	4	1:59	10	1:59	
Lap 2	2.34	12:23	5:17	4	4:08	10	4:08	3.72	18:47	5:02	4	6:06	10	6:06	
Last lap Finish	1.28	6:52	5:21	4	2:13	9	2:13	5.00	25:39	5:07	4	8:19	10	8:19	