



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Freitag, Roman

Total time: 36:19

Club: GutsMuths-Rennsteiglaufverein / Trailrunning

Speed: 16.52 km/h

Number: 315

Running performance: 3:38 min/km

Course: 10.00 km

Rank in course/Total: 1 (of 66)

10-km-Lauf

Rank in course/Men: 1 (of 48)

Best time in course: 36:19

Category:

Rank in category: 1(of 10)

Senioren M35 (35-39 Jahre)

Best time in the category: 36:19

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	1.67	5:49	3:28	1	-	2	0:01	1.67	5:49	3:28	1	-	2	0:01
Lap 2	2.35	8:29	3:36	1	-	1	-	4.02	14:18	3:33	1	-	1	-
Lap 3	2.35	8:37	3:39	1	-	2	0:01	6.37	22:55	3:35	1	-	2	0:01
Lap 4	2.35	8:49	3:45	1	-	1	-	8.72	31:44	3:38	1	-	1	-
Last lap Finish	1.28	4:35	3:34	1	-	1	-	10.00	36:19	3:37	1	-	1	-