



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Zenker, Florian

Club: Marineclub Gotha e.V.
Number: 369

Course: 10.00 km
10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 36:33

Speed: 16.42 km/h
Running performance: 3:40 min/km

Rank in course/Total: 2 (of 66)

Rank in course/Men: 2 (of 48)

Best time in course: 36:19

Rank in category: 1(of 3)

Best time in the category: 36:33

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	5:48	3:28	1	-	1	-	1.67	5:48	3:28	1	-	1	-
Lap 2	2.35	8:30	3:37	1	-	3	0:01	4.02	14:18	3:33	1	-	1	-
Lap 3	2.35	8:36	3:39	1	-	1	-	6.37	22:54	3:35	1	-	1	-
Lap 4	2.35	8:50	3:45	1	-	2	0:01	8.72	31:44	3:38	1	-	1	-
Last lap Finish	1.28	4:49	3:45	1	-	2	0:14	10.00	36:33	3:39	1	-	2	0:14