



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Krainhöfner, Florian

Club: X-Runners Jena e.V
Number: 336

Course: 10.00 km
10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 38:41

Speed: 15.51 km/h
Running performance: 3:52 min/km

Rank in course/Total: 5 (of 66)

Rank in course/Men: 5 (of 48)

Best time in course: 36:19

Rank in category: 1(of 4)

Best time in the category: 38:41

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	6:07	3:39	1	-	5	0:19	1.67	6:07	3:39	1	-	5	0:19
Lap 2	2.35	9:18	3:57	1	-	5	0:49	4.02	15:25	3:50	1	-	5	1:07
Lap 3	2.35	9:13	3:55	1	-	5	0:37	6.37	24:38	3:52	1	-	5	1:44
Lap 4	2.35	9:12	3:54	1	-	5	0:23	8.72	33:50	3:52	1	-	5	2:06
Last lap Finish	1.28	4:51	3:47	1	-	3	0:16	10.00	38:41	3:52	1	-	5	2:22