



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Krainhöfner, Florian

Club: X-Runners Jena e.V.

Number: 174

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 36:20

Speed: 16.51 km/h

Running performance: 3:38 min/km

Rank in course/Total: 1 (of 68)

Rank in course/Men: 1 (of 52)

Best time in course: 36:20

Rank in category: 1(of 11)

Best time in the category: 36:20

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	5:38	3:22	1	-	1	-	1.67	5:38	3:22	1	-	1	-
Lap 2	2.35	8:42	3:42	1	-	1	-	4.02	14:20	3:33	1	-	1	-
Lap 3	2.35	8:40	3:41	1	-	1	-	6.37	23:00	3:36	1	-	1	-
Lap 4	2.35	8:42	3:42	1	-	1	-	8.72	31:42	3:38	1	-	1	-
Last lap Finish	1.28	4:38	3:37	1	-	1	-	10.00	36:20	3:38	1	-	1	-