



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Florian Krainhöfner

Club: X-Runners Jena e.V.

Number: 133

Course: 5.00 km

5-km-Lauf

Category:

Senioren M35 (35-39) M

Total time: 17:54

Speed: 16.76 km/h

Running performance: 3:34 min/km

Rank in course/Total: 1 (of 40)

Rank in course/Men: 1 (of 21)

Best time in course: 17:54

Rank in category: 1(of 5)

Best time in the category: 17:54

Control	Intermediate times				Stage score				Total ranking					
	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
Hammerecke	1.38	4:34	3:18	1	-	1	-	1.38	4:34	3:18	1	-	1	-
Hammerecke	2.34	8:33	3:39	1	-	1	-	3.72	13:07	3:31	1	-	1	-
Finish	1.28	4:47	3:44	1	-	1	-	5.00	17:54	3:34	1	-	1	-