



25. Arnstädter Citylauf
 Arnstadt / 25.04.2015

Detailed evaluation

Haupt, Benjamin

Number: 177

Course: 5.00 km
 n3 5-km-Lauf

Category:
 Männer (20-29 Jahre)

Total time: 36:18

Speed: 8.26 km/h

Running performance: 7:16 min/km

Rank in course/Total: 58 (of 58)

Rank in course/Men: 39 (of 39)

Best time in course: 17:32

Rank in category: 7(of 7)

Best time in the category: 18:14

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	1.38	8:23	6:04	7	3:42	39	3:43	1.38	8:23	6:04	7	3:42	39	3:43
Lap 2	2.34	17:35	7:30	7	9:39	39	9:42	3.72	25:58	6:58	7	12:53	39	13:04
Last lap Finish	1.28	10:20	8:04	7	5:32	39	5:42	5.00	36:18	7:15	7	18:04	39	18:46