



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Bähring, Holger

Club: LAC Rudolstadt
Number: 160

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 19:26

Speed: 15.44 km/h
Running performance: 3:53 min/km

Rank in course/Total: 1 (of 56)

Rank in course/Men: 1 (of 36)

Best time in course: 19:26

Rank in category: 1(of 6)

Best time in the category: 19:26

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	5:25	3:55	1	-	2	0:01	1.38	5:25	3:55	1	-	2	0:01
Lap 2	2.34	9:12	3:55	1	-	1	-	3.72	14:37	3:55	1	-	1	-
Last lap Finish	1.28	4:49	3:45	1	-	1	-	5.00	19:26	3:53	1	-	1	-