



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Hakimi, Asad

Club: Willkommen-Welcome-Arnstadt
Number: 112

Course: 5.00 km
n3 5-km-Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 51:45

Speed: 5.80 km/h
Running performance: 10:21 min/km

Rank in course/Total: 56 (of 56)

Rank in course/Men: 36 (of 36)

Best time in course: 19:26

Rank in category: 6(of 6)

Best time in the category: 20:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.38	5:46	4:10	4	0:22	10	0:22	1.38	5:46	4:10	4	0:22	10	0:22
Lap 2	2.34	14:30	6:11	6	5:07	30	5:18	3.72	20:16	5:26	6	5:29	26	5:39
Last lap Finish	1.28	31:29	24:35	6	26:16	36	26:40	5.00	51:45	10:20	6	31:45	36	32:19