



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Rahmati, Asef**

Club: Willkommen-Welcome-Arnstadt  
Number: 126

Course: 5.00 km  
n3 5-km-Lauf

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 20:00

Speed: 15.00 km/h  
Running performance: 4:00 min/km

Rank in course/Total: 2 (of 56)

Rank in course/Men: 2 (of 36)

Best time in course: 19:26

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	5:24	3:54	1	-	1	-	1.38	5:24	3:54	1	-	1	-
Lap 2	2.34	9:23	4:00	1	-	2	0:11	3.72	14:47	3:58	1	-	2	0:10
Last lap Finish	1.28	5:13	4:04	1	-	3	0:24	5.00	20:00	4:00	1	-	2	0:34