



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Meurer, Ingo

Club: Die flinken Gerataler/SV Olympia Neustadt
Number: 124

Course: 5.00 km
n3 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:24

Speed: 14.71 km/h

Running performance: 4:05 min/km

Rank in course/Total: 4 (of 56)

Rank in course/Men: 4 (of 36)

Best time in course: 19:26

Rank in category: 1(of 2)

Best time in the category: 20:24

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	5:32	4:00	1	-	3	0:08	1.38	5:32	4:00	1	-	3	0:08
Lap 2	2.34	9:37	4:06	1	-	4	0:25	3.72	15:09	4:04	1	-	4	0:32
Last lap Finish	1.28	5:15	4:06	1	-	4	0:26	5.00	20:24	4:04	1	-	4	0:58