



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Hildesheim, Marcus

Club: SV Arnstadt 02

Number: 115

Course: 5.00 km

n3 5-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 20:08

Speed: 14.90 km/h

Running performance: 4:02 min/km

Rank in course/Total: 3 (of 56)

Rank in course/Men: 3 (of 36)

Best time in course: 19:26

Rank in category: 1(of 4)

Best time in the category: 20:08

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	5:33	4:01	1	-	4	0:09	1.38	5:33	4:01	1	-	4	0:09
Lap 2	2.34	9:34	4:05	1	-	3	0:22	3.72	15:07	4:03	1	-	3	0:30
Last lap Finish	1.28	5:01	3:55	1	-	2	0:12	5.00	20:08	4:01	1	-	3	0:42