



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Kolpert, Diek

Club: Lg Lohr
Number: 148

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 21:16

Speed: 14.11 km/h
Running performance: 4:15 min/km

Rank in course/Total: 6 (of 56)

Rank in course/Men: 6 (of 36)

Best time in course: 19:26

Rank in category: 1(of 5)

Best time in the category: 21:16

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	5:35	4:02	1	-	5	0:11	1.38	5:35	4:02	1	-	5	0:11
Lap 2	2.34	10:09	4:20	2	0:01	7	0:57	3.72	15:44	4:13	1	-	5	1:07
Last lap Finish	1.28	5:32	4:19	2	0:03	7	0:43	5.00	21:16	4:15	1	-	6	1:50