



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Henelhaupt, Thorsten

Club: Sv-Ichtherhausen
Number: 156

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 21:24

Speed: 14.02 km/h
Running performance: 4:17 min/km

Rank in course/Total: 7 (of 56)

Rank in course/Men: 7 (of 36)

Best time in course: 19:26

Rank in category: 2(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
Lap 1	1.38	5:47	4:11	2	0:12	11	0:23	1.38	5:47	4:11	2	0:12	11	0:23
Lap 2	2.34	10:08	4:19	1	-	6	0:56	3.72	15:55	4:16	2	0:11	7	1:18
Last lap Finish	1.28	5:29	4:17	1	-	6	0:40	5.00	21:24	4:16	2	0:08	7	1:58