



26. Arnstädter Citylauf  
 Arnstadt / 30.04.2016

Detailed evaluation

Fuhrmann, Erik

Club: Die flinken Gerataler  
 Number: 153

Course: 5.00 km  
 n3 5-km-Lauf

Category:  
 männliche Jugend U20 (18-19 Jahre)

Total time: 21:36

Speed: 13.89 km/h  
 Running performance: 4:19 min/km

Rank in course/Total: 8 (of 56)

Rank in course/Men: 8 (of 36)

Best time in course: 19:26

Rank in category: 3(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.	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	5:40	4:06	3	0:16	8	0:16	1.38	5:40	4:06	3	0:16	8	0:16
Lap 2	2.34	10:22	4:25	3	0:59	8	1:10	3.72	16:02	4:18	3	1:15	8	1:25
Last lap Finish	1.28	5:34	4:20	3	0:21	8	0:45	5.00	21:36	4:19	3	1:36	8	2:10