



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Finger, Jens

Club: SV EVB Erfurt
Number: 151

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 22:09

Speed: 13.54 km/h
Running performance: 4:26 min/km

Rank in course/Total: 9 (of 56)

Rank in course/Men: 9 (of 36)

Best time in course: 19:26

Rank in category: 2(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	5:48	4:12	2	0:16	12	0:24	1.38	5:48	4:12	2	0:16	12	0:24	
Lap 2	2.34	10:35	4:31	2	0:58	9	1:23	3.72	16:23	4:24	2	1:14	9	1:46	
Last lap Finish	1.28	5:46	4:30	2	0:31	10	0:57	5.00	22:09	4:25	2	1:45	9	2:43	