



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Bouman, Jasper

Club: N3 Engine Overhaul Services

Number: 111

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:18

Speed: 13.45 km/h

Running performance: 4:28 min/km

Rank in course/Total: 10 (of 56)

Rank in course/Men: 10 (of 36)

Best time in course: 19:26

Rank in category: 1(of 1)

Best time in the category: 22:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	5:50	4:13	1	-	13	0:26	1.38	5:50	4:13	1	-	13	0:26
Lap 2	2.34	10:39	4:33	1	-	10	1:27	3.72	16:29	4:25	1	-	10	1:52
Last lap Finish	1.28	5:49	4:32	1	-	11	1:00	5.00	22:18	4:27	1	-	10	2:52