



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Haidar, Qasim

Club: Willkommen Welcome
Number: 159

Course: 5.00 km
n3 5-km-Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 22:39

Speed: 13.25 km/h
Running performance: 4:32 min/km

Rank in course/Total: 12 (of 56)

Rank in course/Men: 11 (of 36)

Best time in course: 19:26

Rank in category: 2(of 4)

Best time in the category: 20:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.38	5:59	4:20	4	0:26	19	0:35	1.38	5:59	4:20	4	0:26	19	0:35
Lap 2	2.34	10:51	4:38	2	1:17	12	1:39	3.72	16:50	4:31	2	1:43	11	2:13
Last lap Finish	1.28	5:49	4:32	2	0:48	11	1:00	5.00	22:39	4:31	2	2:31	11	3:13