



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau
Number: 163

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 22:45

Speed: 13.19 km/h
Running performance: 4:33 min/km

Rank in course/Total: 13 (of 56)

Rank in course/Men: 12 (of 36)

Best time in course: 19:26

Rank in category: 1(of 1)

Best time in the category: 22:45

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	6:12	4:29	1	-	21	0:48	1.38	6:12	4:29	1	-	21	0:48
Lap 2	2.34	10:48	4:36	1	-	11	1:36	3.72	17:00	4:34	1	-	12	2:23
Last lap Finish	1.28	5:45	4:29	1	-	9	0:56	5.00	22:45	4:32	1	-	12	3:19