



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Aulich, André

Club: keiner
Number: 3

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 17:57

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 29 (of 39)

Rank in course/Men: 14 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 17:57

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	1.72	10:14	5:56	1	-	16	3:12	1.72	10:14	5:56	1	-	16	3:12
Last lap Finish	1.28	7:43	6:01	1	-	14	2:46	3.00	17:57	5:59	1	-	14	5:58