



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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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