



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Urbanneck, Oliver

Club: N3 Engine Overhaul Services
Number: 137

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 22:55

Speed: 13.09 km/h
Running performance: 4:35 min/km

Rank in course/Total: 14 (of 56)

Rank in course/Men: 13 (of 36)

Best time in course: 19:26

Rank in category: 3(of 5)

Best time in the category: 21:16

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	1.38	6:14	4:31	3	0:39	22	0:50	1.38	6:14	4:31	3	0:39	22	0:50
Lap 2	2.34	10:51	4:38	3	0:43	12	1:39	3.72	17:05	4:35	3	1:21	13	2:28
Last lap Finish	1.28	5:50	4:33	3	0:21	13	1:01	5.00	22:55	4:35	3	1:39	13	3:29