



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Lampert, Maik

Club: Feuerwer Arnstadt

Number: 15

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 17:59

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 30 (of 39)

Rank in course/Men: 15 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 17:59

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	9:45	5:40	1	-	14	2:43	1.72	9:45	5:40	1	-	14	2:43
Last lap Finish	1.28	8:14	6:25	1	-	16	3:17	3.00	17:59	5:59	1	-	15	6:00