



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

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Club: Willkommen-Welcome-Arnstadt
Number: 131

Course: 5.00 km
n3 5-km-Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 23:16

Speed: 12.89 km/h
Running performance: 4:39 min/km

Rank in course/Total: 17 (of 56)

Rank in course/Men: 15 (of 36)

Best time in course: 19:26

Rank in category: 4(of 6)

Best time in the category: 20:00

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	5:39	4:05	2	0:15	7	0:15	1.38	5:39	4:05	2	0:15	7	0:15
Lap 2	2.34	11:42	5:00	5	2:19	18	2:30	3.72	17:21	4:39	4	2:34	16	2:44
Last lap Finish	1.28	5:55	4:37	4	0:42	15	1:06	5.00	23:16	4:39	4	3:16	15	3:50