



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Silge, Marco**

Club: N3 Engine Overhaul Services  
Number: 133

Course: 5.00 km  
n3 5-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 23:10

Speed: 12.95 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 15 (of 56)

Rank in course/Men: 14 (of 36)

Best time in course: 19:26

Rank in category: 2(of 6)

Best time in the category: 19:26

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	5:56	4:17	2	0:31	16	0:32	1.38	5:56	4:17	2	0:31	16	0:32
Lap 2	2.34	11:24	4:52	2	2:12	16	2:12	3.72	17:20	4:39	2	2:43	15	2:43
Last lap Finish	1.28	5:50	4:33	2	1:01	13	1:01	5.00	23:10	4:38	2	3:44	14	3:44