



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Wigbert, Kohl

Club: ASV Erfurt
Number: 41

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
Senioren M75 (75-79 Jahre)

Total time: 18:20

Speed: 9.82 km/h
Running performance: 6:07 min/km

Rank in course/Total: 31 (of 39)

Rank in course/Men: 16 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 18:20

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	10:10	5:54	1	-	15	3:08	1.72	10:10	5:54	1	-	15	3:08
Last lap Finish	1.28	8:10	6:22	1	-	15	3:13	3.00	18:20	6:06	1	-	16	6:21