



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Rosipal, Michael

Club: -

Number: 105

Course: 5.00 km

n3 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 23:41

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 20 (of 56)

Rank in course/Men: 18 (of 36)

Best time in course: 19:26

Rank in category: 1(of 3)

Best time in the category: 23:41

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	6:26	4:39	3	0:28	26	1:02	1.38	6:26	4:39	3	0:28	26	1:02
Lap 2	2.34	10:59	4:41	1	-	15	1:47	3.72	17:25	4:40	1	-	18	2:48
Last lap Finish	1.28	6:16	4:53	1	-	18	1:27	5.00	23:41	4:44	1	-	18	4:15