



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

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Club: Willkommen-Welcome-Arnstadt
Number: 141

Course: 5.00 km
n3 5-km-Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 23:27

Speed: 12.79 km/h
Running performance: 4:41 min/km

Rank in course/Total: 19 (of 56)

Rank in course/Men: 17 (of 36)

Best time in course: 19:26

Rank in category: 5(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	5:58	4:19	6	0:34	17	0:34	1.38	5:58	4:19	6	0:34	17	0:34	
Lap 2	2.34	11:24	4:52	4	2:01	16	2:12	3.72	17:22	4:40	5	2:35	17	2:45	
Last lap Finish	1.28	6:05	4:45	5	0:52	17	1:16	5.00	23:27	4:41	5	3:27	17	4:01	