



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Rocktäschel, Felix

Club: Gehren
Number: 127

Course: 5.00 km
n3 5-km-Lauf

Category:
männliche Jugend M15 (15 Jahre)

Total time: 24:24

Speed: 12.30 km/h
Running performance: 4:53 min/km

Rank in course/Total: 21 (of 56)

Rank in course/Men: 19 (of 36)

Best time in course: 19:26

Rank in category: 1(of 2)

Best time in the category: 24:24

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	5:51	4:14	1	-	14	0:27	1.38	5:51	4:14	1	-	14	0:27
Lap 2	2.34	11:51	5:03	1	-	19	2:39	3.72	17:42	4:45	1	-	19	3:05
Last lap Finish	1.28	6:42	5:14	1	-	20	1:53	5.00	24:24	4:52	1	-	19	4:58