



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Seever, Michael

Club: SG motor Arnstadt

Number: 45

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 19:32

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 34 (of 39)

Rank in course/Men: 19 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 19:32

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	10:19	5:59	1	-	17	3:17	1.72	10:19	5:59	1	-	17	3:17
Last lap Finish	1.28	9:13	7:12	1	-	19	4:16	3.00	19:32	6:30	1	-	19	7:33