



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Irfan, Ullah

Club: Willkommen-Welcome-Arnstadt
Number: 117

Course: 5.00 km
n3 5-km-Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 24:40

Speed: 12.16 km/h
Running performance: 4:56 min/km

Rank in course/Total: 22 (of 56)

Rank in course/Men: 20 (of 36)

Best time in course: 19:26

Rank in category: 3(of 4)

Best time in the category: 20:08

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	5:40	4:06	3	0:07	8	0:16	1.38	5:40	4:06	3	0:07	8	0:16
Lap 2	2.34	12:32	5:21	3	2:58	20	3:20	3.72	18:12	4:53	3	3:05	20	3:35
Last lap Finish	1.28	6:28	5:03	3	1:27	19	1:39	5.00	24:40	4:56	3	4:32	20	5:14