



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Wedel, Christoph

Club: Feuerwer Arnstadt
Number: 31

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 20:49

Speed: 8.65 km/h
Running performance: 6:56 min/km

Rank in course/Total: 35 (of 39)

Rank in course/Men: 20 (of 21)

Best time in course: 11:59

Rank in category: 1(of 1)

Best time in the category: 20:49

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	11:09	6:28	1	-	20	4:07	1.72	11:09	6:28	1	-	20	4:07
Last lap Finish	1.28	9:40	7:33	1	-	20	4:43	3.00	20:49	6:56	1	-	20	8:50