



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

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Club: Willkommen-Welcome-Arnstadt  
Number: 107

Course: 5.00 km  
n3 5-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 27:05

Speed: 11.08 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 27 (of 56)

Rank in course/Men: 23 (of 36)

Best time in course: 19:26

Rank in category: 2(of 3)

Best time in the category: 23:41

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.38        | 5:58          | 4:19            | 1           | -              | 17          | 0:34          | 1.38          | 5:58          | 4:19            | 1           | -              | 17         | 0:34          |
| Lap 2           | 2.34        | 14:15         | 6:05            | 2           | 3:16           | 28          | 5:03          | 3.72          | 20:13         | 5:26            | 2           | 2:48           | 25         | 5:36          |
| Last lap Finish | 1.28        | 6:52          | 5:21            | 2           | 0:36           | 21          | 2:03          | 5.00          | 27:05         | 5:24            | 2           | 3:24           | 23         | 7:39          |