



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Zadran, Inayat Ullah

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 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	5:58	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