



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Haak, Hannes

Club: RSV Anler Arnstadt
Number: 143

Course: 5.00 km
n3 5-km-Lauf

Category:
männliche Jugend M13 (13 Jahre)

Total time: 27:34

Speed: 10.88 km/h
Running performance: 5:31 min/km

Rank in course/Total: 30 (of 56)

Rank in course/Men: 25 (of 36)

Best time in course: 19:26

Rank in category: 2(of 3)

Best time in the category: 26:56

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	6:40	4:49	2	0:03	28	1:16	1.38	6:40	4:49	2	0:03	28	1:16
Lap 2	2.34	13:10	5:37	2	0:04	24	3:58	3.72	19:50	5:19	2	0:07	24	5:13
Last lap Finish	1.28	7:44	6:02	2	0:31	27	2:55	5.00	27:34	5:30	2	0:38	25	8:08