



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Kosmetschake, Ralf**

Club: kirmes Eischleben  
Number: 147

Course: 5.00 km  
n3 5-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 28:49

Speed: 10.41 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 34 (of 56)

Rank in course/Men: 27 (of 36)

Best time in course: 19:26

Rank in category: 3(of 6)

Best time in the category: 19:26

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	7:24	5:21	5	1:59	31	2:00	1.38	7:24	5:21	5	1:59	31	2:00
Lap 2	2.34	13:46	5:52	3	4:34	26	4:34	3.72	21:10	5:41	3	6:33	29	6:33
Last lap Finish	1.28	7:39	5:58	3	2:50	26	2:50	5.00	28:49	5:45	3	9:23	27	9:23