



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Safi, Syed Mukhfar Shah

Club: Willkommen-Welcome-Arnstadt
Number: 104

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 29:30

Speed: 10.17 km/h
Running performance: 5:54 min/km

Rank in course/Total: 42 (of 56)

Rank in course/Men: 29 (of 36)

Best time in course: 19:26

Rank in category: 5(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.	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	6:20	4:35	3	0:55	23	0:56	1.38	6:20	4:35	3	0:55	23	0:56
Lap 2	2.34	15:22	6:34	6	6:10	32	6:10	3.72	21:42	5:50	5	7:05	31	7:05
Last lap Finish	1.28	7:48	6:05	4	2:59	28	2:59	5.00	29:30	5:54	5	10:04	29	10:04