



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Sczygiol, Maik

Club: N3 Engine Overhaul Services
Number: 130

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 29:16

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 40 (of 56)

Rank in course/Men: 28 (of 36)

Best time in course: 19:26

Rank in category: 4(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	7:23	5:21	4	1:58	30	1:59	1.38	7:23	5:21	4	1:58	30	1:59
Lap 2	2.34	13:53	5:55	4	4:41	27	4:41	3.72	21:16	5:43	4	6:39	30	6:39
Last lap Finish	1.28	8:00	6:15	5	3:11	30	3:11	5.00	29:16	5:51	4	9:50	28	9:50