



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Azimi, Reshad

Club: Willkommen-Welcome-Arnstadt
Number: 110

Course: 5.00 km
n3 5-km-Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 29:43

Speed: 10.10 km/h
Running performance: 5:56 min/km

Rank in course/Total: 44 (of 56)

Rank in course/Men: 30 (of 36)

Best time in course: 19:26

Rank in category: 4(of 4)

Best time in the category: 20:08

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	5:38	4:04	2	0:05	6	0:14	1.38	5:38	4:04	2	0:05	6	0:14
Lap 2	2.34	16:08	6:53	4	6:34	33	6:56	3.72	21:46	5:51	4	6:39	32	7:09
Last lap Finish	1.28	7:57	6:12	4	2:56	29	3:08	5.00	29:43	5:56	4	9:35	30	10:17