



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Aschenbach, Jörg

Club: N3 Engine Overhaul Services  
Number: 109

Course: 5.00 km  
n3 5-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 30:10

Speed: 9.94 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 48 (of 56)

Rank in course/Men: 31 (of 36)

Best time in course: 19:26

Rank in category: 6(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	7:25	5:22	6	2:00	32	2:01	1.38	7:25	5:22	6	2:00	32	2:01
Lap 2	2.34	14:32	6:12	5	5:20	31	5:20	3.72	21:57	5:54	6	7:20	33	7:20
Last lap Finish	1.28	8:13	6:25	6	3:24	31	3:24	5.00	30:10	6:01	6	10:44	31	10:44