



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Hangar, Fawad

Club: Willkommen-Welcome-Arnstadt
Number: 102

Course: 5.00 km
n3 5-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 35:11

Speed: 8.53 km/h
Running performance: 7:02 min/km

Rank in course/Total: 51 (of 56)

Rank in course/Men: 32 (of 36)

Best time in course: 19:26

Rank in category: 3(of 3)

Best time in the category: 23:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.38	6:03	4:23	2	0:05	20	0:39	1.38	6:03	4:23	2	0:05	20	0:39
Lap 2	2.34	14:15	6:05	2	3:16	28	5:03	3.72	20:18	5:27	3	2:53	27	5:41
Last lap Finish	1.28	14:53	11:37	3	8:37	35	10:04	5.00	35:11	7:02	3	11:30	32	15:45