



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Kallmeyer, René

Club: kein

Number: 120

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 36:06

Speed: 8.31 km/h

Running performance: 7:13 min/km

Rank in course/Total: 53 (of 56)

Rank in course/Men: 33 (of 36)

Best time in course: 19:26

Rank in category: 5(of 5)

Best time in the category: 21:16

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	9:37	6:58	5	4:02	35	4:13	1.38	9:37	6:58	5	4:02	35	4:13
Lap 2	2.34	18:08	7:44	5	8:00	36	8:56	3.72	27:45	7:27	5	12:01	36	13:08
Last lap Finish	1.28	8:21	6:31	5	2:52	32	3:32	5.00	36:06	7:13	5	14:50	33	16:40