



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

KUMMER, Felix

Club: Die Schwenninger Krankenkasse
Number: 217

Course: 10.00 km
n3 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 46:30

Speed: 12.90 km/h
Running performance: 4:39 min/km

Rank in course/Total: 30 (of 62)

Rank in course/Men: 27 (of 45)

Best time in course: 31:41

Rank in category: 2(of 5)

Best time in the category: 46:20

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	1.67	7:22	4:24	2	0:13	29	2:21	1.67	7:22	4:24	2	0:13	29	2:21
Lap 2	2.35	11:13	4:46	4	0:13	30	3:43	4.02	18:35	4:37	4	0:22	30	6:04
Lap 3	2.35	11:06	4:43	3	0:14	29	3:33	6.37	29:41	4:39	4	0:24	30	9:37
Lap 4	2.35	10:59	4:40	1	-	24	3:27	8.72	40:40	4:39	3	0:24	28	13:04
Last lap Finish	1.28	5:50	4:33	1	-	19	1:45	10.00	46:30	4:39	2	0:10	27	14:49