



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Hildesheim, Marcus

Club: VfB Torpedo Ichtershausen

Number: 134

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 19:34

Speed: 15.33 km/h

Running performance: 3:55 min/km

Rank in course/Total: 3 (of 40)

Rank in course/Men: 3 (of 26)

Best time in course: 18:06

Rank in category: 1(of 3)

Best time in the category: 19:34

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	5:00	3:37	1	-	3	0:19	1.38	5:00	3:37	1	-	3	0:19
Lap 2	2.34	9:20	3:59	1	-	3	0:50	3.72	14:20	3:51	1	-	3	1:09
Last lap Finish	1.28	5:14	4:05	1	-	3	0:19	5.00	19:34	3:54	1	-	3	1:28