



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

GARZ, Christian

Total time: 19:59

Club: N3 Engine Overhaul Services GmbH & Co.KG
Number: 103

Speed: 15.01 km/h

Running performance: 4:00 min/km

Course: 5.00 km

Rank in course/Total: 4 (of 40)

Die Schwenninger Krankenkasse 5-km-Lauf

Rank in course/Men: 4 (of 26)

Best time in course: 18:06

Category:

Rank in category: 1(of 3)

Senioren M30 (30-34 Jahre)

Best time in the category: 19:59

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	5:03	3:39	1	-	4	0:22	1.38	5:03	3:39	1	-	4	0:22
Lap 2	2.34	9:41	4:08	1	-	4	1:11	3.72	14:44	3:57	1	-	4	1:33
Last lap Finish	1.28	5:15	4:06	1	-	4	0:20	5.00	19:59	3:59	1	-	4	1:53