



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Chemnitz, Benjamin

Club: Die flinken Gerataler

Number: 141

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 21:55

Speed: 13.69 km/h

Running performance: 4:23 min/km

Rank in course/Total: 7 (of 40)

Rank in course/Men: 7 (of 26)

Best time in course: 18:06

Rank in category: 2(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	5:30	3:59	2	0:30	7	0:49	1.38	5:30	3:59	2	0:30	7	0:49
Lap 2	2.34	10:37	4:32	2	1:17	7	2:07	3.72	16:07	4:19	2	1:47	7	2:56
Last lap Finish	1.28	5:48	4:31	2	0:34	7	0:53	5.00	21:55	4:23	2	2:21	7	3:49