



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

SILGE, Marco

Total time: 22:30

Club: N3 Engine Overhaul Services GmbH & Co.KG
Number: 118

Speed: 13.33 km/h

Running performance: 4:30 min/km

Course: 5.00 km

Rank in course/Total: 9 (of 40)

Die Schwenninger Krankenkasse 5-km-Lauf

Rank in course/Men: 8 (of 26)

Best time in course: 18:06

Category:

Rank in category: 2(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	5:52	4:15	2	0:49	10	1:11	1.38	5:52	4:15	2	0:49	10	1:11
Lap 2	2.34	10:48	4:36	2	1:07	8	2:18	3.72	16:40	4:28	2	1:56	8	3:29
Last lap Finish	1.28	5:50	4:33	2	0:35	8	0:55	5.00	22:30	4:30	2	2:31	8	4:24