



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Safi, Jawed

Club: Malteser Welcome-Büro

Number: 140

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 22:54

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 11 (of 40)

Rank in course/Men: 9 (of 26)

Best time in course: 18:06

Rank in category: 2(of 4)

Best time in the category: 18:06

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	5:47	4:11	3	1:06	9	1:06	1.38	5:47	4:11	3	1:06	9	1:06
Lap 2	2.34	11:05	4:44	2	2:35	10	2:35	3.72	16:52	4:32	2	3:41	9	3:41
Last lap Finish	1.28	6:02	4:42	2	1:07	10	1:07	5.00	22:54	4:34	2	4:48	9	4:48