



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Arabzai, Irfanullah

Club: Berufsschule

Number: 133

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 23:15

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 13 (of 40)

Rank in course/Men: 11 (of 26)

Best time in course: 18:06

Rank in category: 3(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	5:57	4:18	3	0:57	13	1:16	1.38	5:57	4:18	3	0:57	13	1:16
Lap 2	2.34	11:13	4:47	3	1:53	11	2:43	3.72	17:10	4:36	3	2:50	11	3:59
Last lap Finish	1.28	6:05	4:45	3	0:51	11	1:10	5.00	23:15	4:39	3	3:41	11	5:09