



27. Arnstädter Citylauf  
Arnstadt / 29.04.2017

Detailed evaluation

ROSIPAL, Michael

Club: -

Number: 114

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 23:29

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 14 (of 40)

Rank in course/Men: 12 (of 26)

Best time in course: 18:06

Rank in category: 3(of 3)

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	5:54	4:16	3	0:51	11	1:13	1.38	5:54	4:16	3	0:51	11	1:13
Lap 2	2.34	11:23	4:51	3	1:42	13	2:53	3.72	17:17	4:38	3	2:33	13	4:06
Last lap Finish	1.28	6:12	4:50	3	0:57	12	1:17	5.00	23:29	4:41	3	3:30	12	5:23