



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Khadarkhel, Pohanullah

Club: Malteser Welcome-Büro

Number: 139

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 23:44

Speed: 12.64 km/h

Running performance: 4:45 min/km

Rank in course/Total: 15 (of 40)

Rank in course/Men: 13 (of 26)

Best time in course: 18:06

Rank in category: 3(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		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
Lap 1	1.38	5:46	4:10	2	1:05	8	1:05	1.38	5:46	4:10	2	1:05	8	1:05
Lap 2	2.34	11:24	4:52	3	2:54	14	2:54	3.72	17:10	4:36	3	3:59	11	3:59
Last lap Finish	1.28	6:34	5:07	3	1:39	15	1:39	5.00	23:44	4:44	3	5:38	13	5:38