



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Dr. Alberti, Michael

Club: Sportgruppe St. Nicolai

Number: 137

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 24:37

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 18 (of 40)

Rank in course/Men: 15 (of 26)

Best time in course: 18:06

Rank in category: 1(of 3)

Best time in the category: 24:37

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	6:28	4:41	1	-	19	1:47	1.38	6:28	4:41	1	-	19	1:47
Lap 2	2.34	11:40	4:59	1	-	15	3:10	3.72	18:08	4:52	1	-	15	4:57
Last lap Finish	1.28	6:29	5:03	1	-	14	1:34	5.00	24:37	4:55	1	-	15	6:31