



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Hofmann, Mario

Club: Die flinken Gerataler

Number: 132

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:11

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 21 (of 40)

Rank in course/Men: 17 (of 26)

Best time in course: 18:06

Rank in category: 1(of 1)

Best time in the category: 25:11

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	6:13	4:30	1	-	18	1:32	1.38	6:13	4:30	1	-	18	1:32
Lap 2	2.34	12:09	5:11	1	-	17	3:39	3.72	18:22	4:56	1	-	17	5:11
Last lap Finish	1.28	6:49	5:19	1	-	18	1:54	5.00	25:11	5:02	1	-	17	7:05