



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

GRÖNANDT, Holger

Total time: 25:14

Club: N3 Engine Overhaul Services GmbH & Co.KG
Number: 105

Speed: 11.89 km/h

Running performance: 5:03 min/km

Course: 5.00 km

Rank in course/Total: 22 (of 40)

Die Schwenninger Krankenkasse 5-km-Lauf

Rank in course/Men: 18 (of 26)

Best time in course: 18:06

Category:

Rank in category: 5(of 6)

Senioren M40 (40-44 Jahre)

Best time in the category: 20:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men					Behind Men
Lap 1	1.38	5:58	4:19	3	0:29	14	1:17	1.38	5:58	4:19	3	0:29	14	1:17				
Lap 2	2.34	12:35	5:22	5	2:43	18	4:05	3.72	18:33	4:59	5	3:12	19	5:22				
Last lap Finish	1.28	6:41	5:13	5	1:08	16	1:46	5.00	25:14	5:02	5	4:20	18	7:08				