



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Bakht Gull, Zadran

Club: Malteser Welcome-Büro

Number: 138

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 25:15

Speed: 11.88 km/h

Running performance: 5:03 min/km

Rank in course/Total: 23 (of 40)

Rank in course/Men: 19 (of 26)

Best time in course: 18:06

Rank in category: 4(of 4)

Best time in the category: 18:06

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.38	5:55	4:17	4	1:14	12	1:14	1.38	5:55	4:17	4	1:14	12	1:14
Lap 2	2.34	12:37	5:23	4	4:07	19	4:07	3.72	18:32	4:58	4	5:21	18	5:21
Last lap Finish	1.28	6:43	5:14	4	1:48	17	1:48	5.00	25:15	5:02	4	7:09	19	7:09