



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Müller, Stephan

Club: Arnstadt

Number: 130

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 29:52

Speed: 10.04 km/h

Running performance: 5:58 min/km

Rank in course/Total: 32 (of 40)

Rank in course/Men: 22 (of 26)

Best time in course: 18:06

Rank in category: 6(of 6)

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 ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 1.38 | 7:45 | 5:36 | 6 | 2:16 | 23 | 3:04 | 1.38 | 7:45 | 5:36 | 6 | 2:16 | 23 | 3:04 |
| Lap 2 | 2.34 | 14:14 | 6:04 | 6 | 4:22 | 22 | 5:44 | 3.72 | 21:59 | 5:54 | 6 | 6:38 | 24 | 8:48 |
| Last lap Finish | 1.28 | 7:53 | 6:09 | 6 | 2:20 | 22 | 2:58 | 5.00 | 29:52 | 5:58 | 6 | 8:58 | 22 | 11:46 |