



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