



# 27. Arnstädter Citylauf

Arnstadt / 29.04.2017

## Detailed evaluation

**KUSCHEL, Frank**

Club: DIE LINKE. Arnstadt

Number: 110

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 30:09

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 35 (of 40)

Rank in course/Men: 23 (of 26)

Best time in course: 18:06

Rank in category: 1(of 1)

Best time in the category: 30:09

### 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	7:37	5:31	1	-	21	2:56	1.38	7:37	5:31	1	-	21	2:56
Lap 2	2.34	14:21	6:07	1	-	24	5:51	3.72	21:58	5:54	1	-	23	8:47
Last lap Finish	1.28	8:11	6:23	1	-	23	3:16	5.00	30:09	6:01	1	-	23	12:03