



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Kratzer, Thomas

Club: Arnstadt

Number: 126

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 31:42

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 36 (of 40)

Rank in course/Men: 25 (of 26)

Best time in course: 18:06

Rank in category: 3(of 3)

Best time in the category: 24:37

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	8:24	6:05	3	1:56	25	3:43	1.38	8:24	6:05	3	1:56	25	3:43
Lap 2	2.34	14:56	6:22	3	3:16	25	6:26	3.72	23:20	6:16	3	5:12	25	10:09
Last lap Finish	1.28	8:22	6:32	3	1:53	25	3:27	5.00	31:42	6:20	3	7:05	25	13:36