



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Heuner, Werner

Club: Arnstadt

Number: 129

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 39:06

Speed: 7.67 km/h

Running performance: 7:49 min/km

Rank in course/Total: 39 (of 40)

Rank in course/Men: 26 (of 26)

Best time in course: 18:06

Rank in category: 1(of 1)

Best time in the category: 39:06

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	9:50	7:07	1	-	26	5:09	1.38	9:50	7:07	1	-	26	5:09
Lap 2	2.34	18:48	8:02	1	-	26	10:18	3.72	28:38	7:41	1	-	26	15:27
Last lap Finish	1.28	10:28	8:10	1	-	26	5:33	5.00	39:06	7:49	1	-	26	21:00