



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

SADEGHI, Fahim

Club: Malteser Welcome-Büro

Number: 225

Course: 10.00 km

n3 10-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 44:20

Speed: 13.53 km/h

Running performance: 4:26 min/km

Rank in course/Total: 19 (of 62)

Rank in course/Men: 19 (of 45)

Best time in course: 31:41

Rank in category: 1(of 1)

Best time in the category: 44:20

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	1.67	6:12	3:42	1	-	7	1:11	1.67	6:12	3:42	1	-	7	1:11
Lap 2	2.35	10:24	4:25	1	-	19	2:54	4.02	16:36	4:07	1	-	14	4:05
Lap 3	2.35	10:54	4:38	1	-	25	3:21	6.37	27:30	4:19	1	-	19	7:26
Lap 4	2.35	11:01	4:41	1	-	27	3:29	8.72	38:31	4:25	1	-	19	10:55
Last lap Finish	1.28	5:49	4:32	1	-	18	1:44	10.00	44:20	4:26	1	-	19	12:39