



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

FRISCHMUTH, Alexander

Club: -

Number: 104

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 19:16

Speed: 15.57 km/h

Running performance: 3:51 min/km

Rank in course/Total: 2 (of 41)

Rank in course/Men: 2 (of 29)

Best time in course: 16:43

Rank in category: 1(of 3)

Best time in the category: 19:16

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	5:16	3:48	1	-	7	0:50	1.38	5:16	3:48	1	-	7	0:50
Lap 2	2.34	8:46	3:44	1	-	2	0:49	3.72	14:02	3:46	1	-	2	1:39
Last lap Finish	1.28	5:14	4:05	1	-	2	0:54	5.00	19:16	3:51	1	-	2	2:33