



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Bockelmann, Leo

Club: Lüneburger SV

Number: 137

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 16:43

Speed: 17.95 km/h

Running performance: 3:20 min/km

Rank in course/Total: 1 (of 41)

Rank in course/Men: 1 (of 29)

Best time in course: 16:43

Rank in category: 1(of 1)

Best time in the category: 16:43

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	4:26	3:12	1	-	1	-	1.38	4:26	3:12	1	-	1	-
Lap 2	2.34	7:57	3:23	1	-	1	-	3.72	12:23	3:19	1	-	1	-
Last lap Finish	1.28	4:20	3:23	1	-	1	-	5.00	16:43	3:20	1	-	1	-