



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

FRISCHMUTH, Michael

Club: -

Number: 105

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 20:27

Speed: 14.67 km/h

Running performance: 4:05 min/km

Rank in course/Total: 8 (of 41)

Rank in course/Men: 8 (of 29)

Best time in course: 16:43

Rank in category: 2(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	5:17	3:49	2	0:01	8	0:51	1.38	5:17	3:49	2	0:01	8	0:51
Lap 2	2.34	9:29	4:03	2	0:43	4	1:32	3.72	14:46	3:58	2	0:44	4	2:23
Last lap Finish	1.28	5:41	4:26	2	0:27	8	1:21	5.00	20:27	4:05	2	1:11	8	3:44