



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Trefflich, Denny

Club: VfB Torpedo Ichttershausen

Number: 138

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 20:23

Speed: 14.72 km/h

Running performance: 4:05 min/km

Rank in course/Total: 7 (of 41)

Rank in course/Men: 7 (of 29)

Best time in course: 16:43

Rank in category: 3(of 6)

Best time in the category: 19:35

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	5:05	3:41	3	0:08	5	0:39	1.38	5:05	3:41	3	0:08	5	0:39
Lap 2	2.34	9:50	4:12	2	0:29	6	1:53	3.72	14:55	4:00	2	0:37	7	2:32
Last lap Finish	1.28	5:28	4:16	3	0:11	6	1:08	5.00	20:23	4:04	3	0:48	7	3:40