



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

WULF, Malte

Club: LSV Lok Arnstadt

Number: 125

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 20:21

Speed: 14.74 km/h

Running performance: 4:04 min/km

Rank in course/Total: 6 (of 41)

Rank in course/Men: 6 (of 29)

Best time in course: 16:43

Rank in category: 1(of 3)

Best time in the category: 20:21

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	4:56	3:34	1	-	2	0:30	1.38	4:56	3:34	1	-	2	0:30
Lap 2	2.34	9:57	4:15	1	-	8	2:00	3.72	14:53	4:00	1	-	6	2:30
Last lap Finish	1.28	5:28	4:16	1	-	6	1:08	5.00	20:21	4:04	1	-	6	3:38