



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

CHEMNITZ, Benjamin

Club: Die flinken Gerateler

Number: 103

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 22:44

Speed: 13.20 km/h

Running performance: 4:33 min/km

Rank in course/Total: 9 (of 41)

Rank in course/Men: 9 (of 29)

Best time in course: 16:43

Rank in category: 3(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	5:26	3:56	3	0:10	9	1:00	1.38	5:26	3:56	3	0:10	9	1:00
Lap 2	2.34	11:02	4:42	3	2:16	9	3:05	3.72	16:28	4:25	3	2:26	9	4:05
Last lap Finish	1.28	6:16	4:53	3	1:02	12	1:56	5.00	22:44	4:32	3	3:28	9	6:01