



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

BOUMAN, Jasper

Club: N3

Number: 102

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:18

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 10 (of 41)

Rank in course/Men: 10 (of 29)

Best time in course: 16:43

Rank in category: 1(of 3)

Best time in the category: 23:18

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	5:51	4:14	1	-	11	1:25	1.38	5:51	4:14	1	-	11	1:25	
Lap 2	2.34	11:18	4:49	1	-	11	3:21	3.72	17:09	4:36	1	-	11	4:46	
Last lap Finish	1.28	6:09	4:48	1	-	11	1:49	5.00	23:18	4:39	1	-	10	6:35	