



## 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 | Split | Split  | Pos  | Behind | Pos | Behind | Total | Total | Total  | Pos  | Behind | Pos | Behind |
|-----------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
|                 | km    | Time  | min/km | Cat. | Cat.   | Men | Men    | km    | Time  | min/km | Cat. | Cat.   | Men | 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   |