



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Jahn, Mirko

Club: SSV Erfurt Nord

Number: 136

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 23:22

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 11 (of 41)

Rank in course/Men: 11 (of 29)

Best time in course: 16:43

Rank in category: 1(of 2)

Best time in the category: 23:22

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	6:04	4:23	1	-	14	1:38	1.38	6:04	4:23	1	-	14	1:38	
Lap 2	2.34	11:13	4:47	1	-	10	3:16	3.72	17:17	4:38	1	-	12	4:54	
Last lap Finish	1.28	6:05	4:45	1	-	10	1:45	5.00	23:22	4:40	1	-	11	6:39	