



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 148

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 23:27

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 12 (of 41)

Rank in course/Men: 12 (of 29)

Best time in course: 16:43

Rank in category: 1(of 1)

Best time in the category: 23:27

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	6:07	4:25	1	-	15	1:41	1.38	6:07	4:25	1	-	15	1:41
Lap 2	2.34	11:21	4:51	1	-	12	3:24	3.72	17:28	4:41	1	-	13	5:05
Last lap Finish	1.28	5:59	4:40	1	-	9	1:39	5.00	23:27	4:41	1	-	12	6:44