



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

KUHLMEIER, Theo

Club: ESV Lok Arnstadt

Number: 117

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend M14 (14 Jahre)

Total time: 23:37

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 14 (of 41)

Rank in course/Men: 13 (of 29)

Best time in course: 16:43

Rank in category: 1(of 1)

Best time in the category: 23:37

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	5:32	4:00	1	-	10	1:06	1.38	5:32	4:00	1	-	10	1:06
Lap 2	2.34	11:27	4:53	1	-	13	3:30	3.72	16:59	4:33	1	-	10	4:36
Last lap Finish	1.28	6:38	5:10	1	-	14	2:18	5.00	23:37	4:43	1	-	13	6:54