



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Berzen, Ronny

Club: VfB Torpedo Ichtershausen

Number: 133

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 24:22

Speed: 12.31 km/h

Running performance: 4:52 min/km

Rank in course/Total: 15 (of 41)

Rank in course/Men: 14 (of 29)

Best time in course: 16:43

Rank in category: 2(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		Total		Total		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	6:15	4:31	3	0:24	16	1:49	1.38	6:15	4:31	3	0:24	16	1:49	
Lap 2	2.34	11:37	4:57	2	0:19	14	3:40	3.72	17:52	4:48	3	0:43	15	5:29	
Last lap Finish	1.28	6:30	5:04	2	0:21	13	2:10	5.00	24:22	4:52	2	1:04	14	7:39	