



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 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 |