



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Barabasch, Christian

Club: N3

Number: 144

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 24:33

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 16 (of 41)

Rank in course/Men: 15 (of 29)

Best time in course: 16:43

Rank in category: 3(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	5:56	4:17	2	0:05	12	1:30	1.38	5:56	4:17	2	0:05	12	1:30
Lap 2	2.34	11:44	5:00	3	0:26	15	3:47	3.72	17:40	4:44	2	0:31	14	5:17
Last lap Finish	1.28	6:53	5:22	3	0:44	15	2:33	5.00	24:33	4:54	3	1:15	15	7:50