



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Löffler, Christoph

Club: VfB Torpedo Ichttershausen

Number: 139

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 27:18

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 21 (of 41)

Rank in course/Men: 18 (of 29)

Best time in course: 16:43

Rank in category: 2(of 2)

Best time in the category: 20:12

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	6:54	5:00	2	1:47	21	2:28	1.38	6:54	5:00	2	1:47	21	2:28
Lap 2	2.34	13:13	5:38	2	3:30	18	5:16	3.72	20:07	5:24	2	5:17	18	7:44
Last lap Finish	1.28	7:11	5:36	2	1:49	17	2:51	5.00	27:18	5:27	2	7:06	18	10:35