



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

KALLMEYER, René

Club: -

Number: 114

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 28:08

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 23 (of 41)

Rank in course/Men: 20 (of 29)

Best time in course: 16:43

Rank in category: 4(of 6)

Best time in the category: 19:35

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	4	1:57	21	2:28	1.38	6:54	5:00	4	1:57	21	2:28
Lap 2	2.34	13:25	5:44	4	4:04	19	5:28	3.72	20:19	5:27	4	6:01	20	7:56
Last lap Finish	1.28	7:49	6:06	5	2:32	20	3:29	5.00	28:08	5:37	4	8:33	20	11:25