



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Haupt, Matthias

Club: Arnstadt

Number: 134

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 28:14

Speed: 10.63 km/h

Running performance: 5:39 min/km

Rank in course/Total: 25 (of 41)

Rank in course/Men: 21 (of 29)

Best time in course: 16:43

Rank in category: 5(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	7:14	5:14	6	2:17	24	2:48	1.38	7:14	5:14	6	2:17	24	2:48
Lap 2	2.34	13:27	5:44	5	4:06	20	5:30	3.72	20:41	5:33	5	6:23	21	8:18
Last lap Finish	1.28	7:33	5:53	4	2:16	19	3:13	5.00	28:14	5:38	5	8:39	21	11:31