



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Sczygiol, Maik

Club: N3

Number: 107

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 29:30

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 31 (of 41)

Rank in course/Men: 24 (of 29)

Best time in course: 16:43

Rank in category: 6(of 6)

Best time in the category: 19:35

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	7:02	5:05	5	2:05	23	2:36	1.38	7:02	5:05	5	2:05	23	2:36
Lap 2	2.34	14:17	6:06	6	4:56	22	6:20	3.72	21:19	5:43	6	7:01	24	8:56
Last lap Finish	1.28	8:11	6:23	6	2:54	24	3:51	5.00	29:30	5:54	6	9:55	24	12:47