



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Spilling, Jochen

Club: Holzhausen

Number: 132

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 29:54

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 32 (of 41)

Rank in course/Men: 25 (of 29)

Best time in course: 16:43

Rank in category: 1(of 1)

Best time in the category: 29:54

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	7:40	5:33	1	-	25	3:14	1.38	7:40	5:33	1	-	25	3:14
Lap 2	2.34	14:22	6:08	1	-	24	6:25	3.72	22:02	5:55	1	-	25	9:39
Last lap Finish	1.28	7:52	6:08	1	-	22	3:32	5.00	29:54	5:58	1	-	25	13:11