



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Spilling, Frank

Club: Erfurt
Number: 131

Course: 5.00 km
Die Schwenninger Krankenkasse 5-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 29:54

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 33 (of 41)

Rank in course/Men: 25 (of 29)

Best time in course: 16:43

Rank in category: 2(of 2)

Best time in the category: 23:22

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	7:40	5:33	2	1:36	25	3:14	1.38	7:40	5:33	2	1:36	25	3:14
Lap 2	2.34	14:22	6:08	2	3:09	24	6:25	3.72	22:02	5:55	2	4:45	25	9:39
Last lap Finish	1.28	7:52	6:08	2	1:47	22	3:32	5.00	29:54	5:58	2	6:32	25	13:11