



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

METZ, Egon

Club: -

Number: 120

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 35:53

Speed: 8.36 km/h

Running performance: 7:11 min/km

Rank in course/Total: 40 (of 41)

Rank in course/Men: 28 (of 29)

Best time in course: 16:43

Rank in category: 1(of 2)

Best time in the category: 35:53

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	8:42	6:18	1	-	28	4:16	1.38	8:42	6:18	1	-	28	4:16
Lap 2	2.34	17:23	7:25	1	-	28	9:26	3.72	26:05	7:00	1	-	28	13:42
Last lap Finish	1.28	9:48	7:39	1	-	28	5:28	5.00	35:53	7:10	1	-	28	19:10