



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

LAUNER, Werner

Club: -

Number: 118

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 39:28

Speed: 7.60 km/h

Running performance: 7:53 min/km

Rank in course/Total: 41 (of 41)

Rank in course/Men: 29 (of 29)

Best time in course: 16:43

Rank in category: 2(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	9:34	6:55	2	0:52	29	5:08	1.38	9:34	6:55	2	0:52	29	5:08	
Lap 2	2.34	19:06	8:09	2	1:43	29	11:09	3.72	28:40	7:42	2	2:35	29	16:17	
Last lap Finish	1.28	10:48	8:26	2	1:00	29	6:28	5.00	39:28	7:53	2	3:35	29	22:45	