



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

**HERDA, Michael**

Club: -

Number: 111

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 19:35

Speed: 15.32 km/h

Running performance: 3:55 min/km

Rank in course/Total: 3 (of 41)

Rank in course/Men: 3 (of 29)

Best time in course: 16:43

Rank in category: 1(of 6)

Best time in the category: 19:35

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.38        | 4:57          | 3:35            | 1           | -              | 3           | 0:31          | 1.38          | 4:57          | 3:35            | 1           | -              | 3          | 0:31          |
| Lap 2           | 2.34        | 9:21          | 3:59            | 1           | -              | 3           | 1:24          | 3.72          | 14:18         | 3:50            | 1           | -              | 3          | 1:55          |
| Last lap Finish | 1.28        | 5:17          | 4:07            | 1           | -              | 3           | 0:57          | 5.00          | 19:35         | 3:54            | 1           | -              | 3          | 2:52          |