



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

GARZ, Christian

Club: N3

Number: 106

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 20:18

Speed: 14.78 km/h

Running performance: 4:04 min/km

Rank in course/Total: 5 (of 41)

Rank in course/Men: 5 (of 29)

Best time in course: 16:43

Rank in category: 2(of 6)

Best time in the category: 19:35

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	5:04	3:40	2	0:07	4	0:38	1.38	5:04	3:40	2	0:07	4	0:38
Lap 2	2.34	9:51	4:12	3	0:30	7	1:54	3.72	14:55	4:00	2	0:37	7	2:32
Last lap Finish	1.28	5:23	4:12	2	0:06	5	1:03	5.00	20:18	4:03	2	0:43	5	3:35