



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

HILDEBRAND, Rene

Club: N3

Number: 112

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 20:12

Speed: 14.85 km/h

Running performance: 4:02 min/km

Rank in course/Total: 4 (of 41)

Rank in course/Men: 4 (of 29)

Best time in course: 16:43

Rank in category: 1(of 2)

Best time in the category: 20:12

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	5:07	3:42	1	-	6	0:41	1.38	5:07	3:42	1	-	6	0:41
Lap 2	2.34	9:43	4:09	1	-	5	1:46	3.72	14:50	3:59	1	-	5	2:27
Last lap Finish	1.28	5:22	4:11	1	-	4	1:02	5.00	20:12	4:02	1	-	4	3:29