



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Launer, Werner

Club: Arnstadt

Number: 191

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 40:17

Speed: 7.45 km/h

Running performance: 8:04 min/km

Rank in course/Total: 51 (of 52)

Rank in course/Men: 34 (of 34)

Best time in course: 18:08

Rank in category: 1(of 1)

Best time in the category: 40:17

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	10:13	7:24	1	-	34	5:41	1.38	10:13	7:24	1	-	34	5:41
Lap 2	2.34	19:07	8:10	1	-	34	10:27	3.72	29:20	7:53	1	-	34	16:08
Last lap Finish	1.28	10:57	8:33	1	-	34	6:01	5.00	40:17	8:03	1	-	34	22:09