



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Eras, Julius

Club: Leipzig

Number: 6

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:44

Speed: 12.31 km/h

Running performance: 4:52 min/km

Rank in course/Total: 35 (of 72)

Rank in course/Men: 32 (of 57)

Best time in course: 36:38

Rank in category: 4(of 4)

Best time in the category: 41:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	7:04	4:13	3	1:00	22	1:16	1.67	7:04	4:13	3	1:00	22	1:16
Lap 2	2.35	11:11	4:45	4	1:43	30	2:36	4.02	18:15	4:32	3	2:43	29	3:52
Lap 3	2.35	11:54	5:03	4	2:08	35	3:13	6.37	30:09	4:43	4	4:51	30	7:05
Lap 4	2.35	12:11	5:11	4	2:02	37	3:30	8.72	42:20	4:51	4	6:53	31	10:35
Last lap Finish	1.28	6:24	5:00	4	0:57	32	1:38	10.00	48:44	4:52	4	7:34	32	12:06