



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Keith, Marcus

Club: LG Rollshausen

Number: 57

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 50:43

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 41 (of 72)

Rank in course/Men: 38 (of 57)

Best time in course: 36:38

Rank in category: 10(of 14)

Best time in the category: 37:12

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	7:47	4:39	10	1:58	40	1:59	1.67	7:47	4:39	10	1:58	40	1:59
Lap 2	2.35	11:37	4:56	9	2:57	36	3:02	4.02	19:24	4:49	10	4:55	38	5:01
Lap 3	2.35	12:08	5:09	10	3:14	37	3:27	6.37	31:32	4:57	10	8:09	38	8:28
Lap 4	2.35	12:19	5:14	10	3:17	38	3:38	8.72	43:51	5:01	10	11:26	38	12:06
Last lap Finish	1.28	6:52	5:21	11	2:05	41	2:06	10.00	50:43	5:04	10	13:31	38	14:05