



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		Behind		Total			Pos		Behind		
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men	
Lap 1	1.67	7:47	4:39	10	40	10	40	1.67	7:47	4:39	10	40	10	40	1:59
Lap 2	2.35	11:37	4:56	9	36	10	36	4.02	19:24	4:49	10	38	10	38	5:01
Lap 3	2.35	12:08	5:09	10	37	10	37	6.37	31:32	4:57	10	38	10	38	8:28
Lap 4	2.35	12:19	5:14	10	38	10	38	8.72	43:51	5:01	10	38	10	38	12:06
Last lap Finish	1.28	6:52	5:21	11	41	10	41	10.00	50:43	5:04	10	38	10	38	14:05