



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Herda, Michael

Club: Fes Bahntechnik

Number: 160

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 19:38

Speed: 15.28 km/h

Running performance: 3:56 min/km

Rank in course/Total: 3 (of 52)

Rank in course/Men: 3 (of 34)

Best time in course: 18:08

Rank in category: 2(of 5)

Best time in the category: 18:08

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	4:57	3:35	2	0:25	5	0:25	1.38	4:57	3:35	2	0:25	5	0:25	
Lap 2	2.34	9:23	4:00	2	0:43	3	0:43	3.72	14:20	3:51	2	1:08	3	1:08	
Last lap Finish	1.28	5:18	4:08	2	0:22	4	0:22	5.00	19:38	3:55	2	1:30	3	1:30	