



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Meuchau, Max

Club: LSV Lok Arnstadt

Number: 320

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 15:08

Speed: 11.89 km/h

Running performance: 5:02 min/km

Rank in course/Total: 14 (of 45)

Rank in course/Men: 11 (of 22)

Best time in course: 10:38

Rank in category: 1(of 1)

Best time in the category: 15:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	8:38	5:01	1	-	14	2:34	1.72	8:38	5:01	1	-	14	2:34
Last lap Finish	1.28	6:30	5:04	1	-	10	1:56	3.00	15:08	5:02	1	-	11	4:30