



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Herda, Marcus

Club: Fes Bahntechnik

Number: 312

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 15:11

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 15 (of 45)

Rank in course/Men: 12 (of 22)

Best time in course: 10:38

Rank in category: 1(of 2)

Best time in the category: 15:11

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	8:33	4:58	1	-	13	2:29	1.72	8:33	4:58	1	-	13	2:29
Last lap Finish	1.28	6:38	5:10	1	-	12	2:04	3.00	15:11	5:03	1	-	12	4:33