



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 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 | 1.72 | 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 |