



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Spaleck, Tim

Club: VfB Torpedo Ichttershausen

Number: 180

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 20:16

Speed: 14.80 km/h

Running performance: 4:03 min/km

Rank in course/Total: 4 (of 52)

Rank in course/Men: 4 (of 34)

Best time in course: 18:08

Rank in category: 1(of 3)

Best time in the category: 20:16

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	4:51	3:30	1	-	2	0:19	1.38	4:51	3:30	1	-	2	0:19
Lap 2	2.34	9:51	4:12	1	-	7	1:11	3.72	14:42	3:57	1	-	4	1:30
Last lap Finish	1.28	5:34	4:20	1	-	8	0:38	5.00	20:16	4:03	1	-	4	2:08