



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Marquardt, Christian

Club: SV Motor Königsee

Number: 208

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 20:32

Speed: 14.61 km/h

Running performance: 4:07 min/km

Rank in course/Total: 8 (of 52)

Rank in course/Men: 8 (of 34)

Best time in course: 18:08

Rank in category: 1(of 2)

Best time in the category: 20:32

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	4:52	3:31	1	-	3	0:20	1.38	4:52	3:31	1	-	3	0:20
Lap 2	2.34	10:01	4:16	1	-	9	1:21	3.72	14:53	4:00	1	-	5	1:41
Last lap Finish	1.28	5:39	4:24	1	-	10	0:43	5.00	20:32	4:06	1	-	8	2:24