



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Biellig, Pascal

Club: ESV Lok Arnstadt

Number: 206

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 20:31

Speed: 14.62 km/h

Running performance: 4:06 min/km

Rank in course/Total: 7 (of 52)

Rank in course/Men: 7 (of 34)

Best time in course: 18:08

Rank in category: 1(of 3)

Best time in the category: 20:31

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	5:15	3:48	1	-	8	0:43	1.38	5:15	3:48	1	-	8	0:43
Lap 2	2.34	9:50	4:12	1	-	6	1:10	3.72	15:05	4:03	1	-	8	1:53
Last lap Finish	1.28	5:26	4:14	1	-	6	0:30	5.00	20:31	4:06	1	-	7	2:23