



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Grosser, Torsten

Club: AP Racing Team

Number: 202

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 20:22

Speed: 14.73 km/h

Running performance: 4:04 min/km

Rank in course/Total: 5 (of 52)

Rank in course/Men: 5 (of 34)

Best time in course: 18:08

Rank in category: 1(of 3)

Best time in the category: 20:22

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	5:24	3:54	1	-	9	0:52	1.38	5:24	3:54	1	-	9	0:52
Lap 2	2.34	9:46	4:10	1	-	4	1:06	3.72	15:10	4:04	1	-	9	1:58
Last lap Finish	1.28	5:12	4:03	1	-	3	0:16	5.00	20:22	4:04	1	-	5	2:14