



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

### Höpping, Stefan

Club: VfB Torpedo Ichtershausen

Number: 161

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 20:34

Speed: 14.59 km/h

Running performance: 4:07 min/km

Rank in course/Total: 9 (of 52)

Rank in course/Men: 9 (of 34)

Best time in course: 18:08

Rank in category: 3(of 5)

Best time in the category: 18:08

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.38        | 5:14          | 3:47            | 3           | 0:42           | 7           | 0:42          | 1.38          | 5:14          | 3:47            | 3           | 0:42           | 7          | 0:42          |
| Lap 2           | 2.34        | 9:49          | 4:11            | 3           | 1:09           | 5           | 1:09          | 3.72          | 15:03         | 4:02            | 3           | 1:51           | 7          | 1:51          |
| Last lap Finish | 1.28        | 5:31          | 4:18            | 3           | 0:35           | 7           | 0:35          | 5.00          | 20:34         | 4:06            | 3           | 2:26           | 9          | 2:26          |