



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Reißland, Mario

Club: Physiotherapie Praxis Schmidt
Number: 325

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 16:27

Speed: 10.94 km/h
Running performance: 5:29 min/km

Rank in course/Total: 27 (of 45)

Rank in course/Men: 15 (of 22)

Best time in course: 10:38

Rank in category: 1(of 2)

Best time in the category: 16:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	9:46	5:40	1	-	19	3:42	1.72	9:46	5:40	1	-	19	3:42
Last lap Finish	1.28	6:41	5:13	1	-	13	2:07	3.00	16:27	5:29	1	-	15	5:49