



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Senglaub, Arvid

Club: Die flinken Gerataler/ TSV 1880 Elgersburg
Number: 178

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:04

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 11 (of 52)

Rank in course/Men: 11 (of 34)

Best time in course: 18:08

Rank in category: 1(of 3)

Best time in the category: 22:04

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	5:28	3:57	1	-	11	0:56	1.38	5:28	3:57	1	-	11	0:56
Lap 2	2.34	10:42	4:34	1	-	11	2:02	3.72	16:10	4:20	1	-	10	2:58
Last lap Finish	1.28	5:54	4:36	1	-	11	0:58	5.00	22:04	4:24	1	-	11	3:56