



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Richter, Christian

Club: Arnstadt

Number: 346

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 17:50

Speed: 10.09 km/h

Running performance: 5:56 min/km

Rank in course/Total: 35 (of 45)

Rank in course/Men: 19 (of 22)

Best time in course: 10:38

Rank in category: 2(of 2)

Best time in the category: 14:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.72	9:36	5:34	2	1:31	18	3:32	1.72	9:36	5:34	2	1:31	18	3:32
Last lap Finish	1.28	8:14	6:25	2	2:01	19	3:40	3.00	17:50	5:56	2	3:32	19	7:12