



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Langbein, Daniel

Club: Plaue
Number: 199

Course: 5.00 km
Die Schwenninger Krankenkasse 5-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 23:13
Speed: 12.92 km/h
Running performance: 4:38 min/km
Rank in course/Total: 13 (of 52)
Rank in course/Men: 13 (of 34)
Best time in course: 18:08
Rank in category: 2(of 4)
Best time in the category: 19:05

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	5:56	4:17	3	1:04	16	1:24	1.38	5:56	4:17	3	1:04	16	1:24
Lap 2	2.34	11:10	4:46	2	1:57	13	2:30	3.72	17:06	4:35	2	3:01	13	3:54
Last lap Finish	1.28	6:07	4:46	2	1:07	12	1:11	5.00	23:13	4:38	2	4:08	13	5:05