



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Geipel, Tim

Club: Arnstadt

Number: 343

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 18:15

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 36 (of 45)

Rank in course/Men: 20 (of 22)

Best time in course: 10:38

Rank in category: 2(of 2)

Best time in the category: 15:11

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	9:51	5:43	2	1:18	21	3:47	1.72	9:51	5:43	2	1:18	21	3:47
Last lap Finish	1.28	8:24	6:33	2	1:46	20	3:50	3.00	18:15	6:04	2	3:04	20	7:37