



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Schwarz, Wolfgang

Club: VfB Torpedo Ichttershausen

Number: 176

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 18:08

Speed: 16.54 km/h

Running performance: 3:38 min/km

Rank in course/Total: 1 (of 52)

Rank in course/Men: 1 (of 34)

Best time in course: 18:08

Rank in category: 1(of 5)

Best time in the category: 18:08

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	4:32	3:17	1	-	1	-	1.38	4:32	3:17	1	-	1	-
Lap 2	2.34	8:40	3:42	1	-	1	-	3.72	13:12	3:32	1	-	1	-
Last lap Finish	1.28	4:56	3:51	1	-	1	-	5.00	18:08	3:37	1	-	1	-