



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Fink, Robert

Club: N3 Sportverein e.V.

Number: 310

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 18:16

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 37 (of 45)

Rank in course/Men: 21 (of 22)

Best time in course: 10:38

Rank in category: 1(of 1)

Best time in the category: 18:16

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	9:46	5:40	1	-	19	3:42	1.72	9:46	5:40	1	-	19	3:42
Last lap Finish	1.28	8:30	6:38	1	-	21	3:56	3.00	18:16	6:05	1	-	21	7:38