



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hartmann, Jonny

Club: Die flinken Gerataler

Number: 156

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 23:20

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 14 (of 52)

Rank in course/Men: 14 (of 34)

Best time in course: 18:08

Rank in category: 1(of 1)

Best time in the category: 23:20

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	5:51	4:14	1	-	15	1:19	1.38	5:51	4:14	1	-	15	1:19
Lap 2	2.34	11:15	4:48	1	-	14	2:35	3.72	17:06	4:35	1	-	13	3:54
Last lap Finish	1.28	6:14	4:52	1	-	14	1:18	5.00	23:20	4:39	1	-	14	5:12