



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Chemnitz, Benjamin

Club: Die flinken Gerataler

Number: 201

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 24:13

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 15 (of 52)

Rank in course/Men: 15 (of 34)

Best time in course: 18:08

Rank in category: 3(of 4)

Best time in the category: 19:05

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	1.38	5:49	4:12	2	0:57	14	1:17	1.38	5:49	4:12	2	0:57	14	1:17
Lap 2	2.34	11:40	4:59	3	2:27	15	3:00	3.72	17:29	4:41	3	3:24	16	4:17
Last lap Finish	1.28	6:44	5:15	3	1:44	18	1:48	5.00	24:13	4:50	3	5:08	15	6:05