



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Scherf, Enrico

Club: VfB Torpedo Ichtershausen

Number: 326

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 19:40

Speed: 9.15 km/h

Running performance: 6:34 min/km

Rank in course/Total: 40 (of 45)

Rank in course/Men: 22 (of 22)

Best time in course: 10:38

Rank in category: 2(of 2)

Best time in the category: 16:27

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	10:48	6:16	2	1:02	22	4:44	1.72	10:48	6:16	2	1:02	22	4:44
Last lap Finish	1.28	8:52	6:55	2	2:11	22	4:18	3.00	19:40	6:33	2	3:13	22	9:02