



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Urbanneck, Oliver

Club: N3 Sportverein e.V.

Number: 182

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 25:16

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 19 (of 52)

Rank in course/Men: 18 (of 34)

Best time in course: 18:08

Rank in category: 1(of 3)

Best time in the category: 25:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.38	7:06	5:08	2	1:00	29	2:34	1.38	7:06	5:08	2	1:00	29	2:34	
Lap 2	2.34	11:53	5:04	1	-	16	3:13	3.72	18:59	5:06	1	-	20	5:47	
Last lap Finish	1.28	6:17	4:54	1	-	15	1:21	5.00	25:16	5:03	1	-	18	7:08	