



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Gundermann, Jens

Club: RunningBros Coburg

Number: 153

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 26:17

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 23 (of 52)

Rank in course/Men: 21 (of 34)

Best time in course: 18:08

Rank in category: 2(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.38	6:06	4:25	1	-	20	1:34	1.38	6:06	4:25	1	-	20	1:34	
Lap 2	2.34	13:16	5:40	3	1:23	28	4:36	3.72	19:22	5:12	2	0:23	21	6:10	
Last lap Finish	1.28	6:55	5:24	3	0:38	22	1:59	5.00	26:17	5:15	2	1:01	21	8:09	