



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Fuß, Patrick

Club: Ilmenau

Number: 205

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 26:32

Speed: 11.31 km/h

Running performance: 5:19 min/km

Rank in course/Total: 24 (of 52)

Rank in course/Men: 22 (of 34)

Best time in course: 18:08

Rank in category: 4(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	7:16	5:15	4	2:24	31	2:44	1.38	7:16	5:15	4	2:24	31	2:44
Lap 2	2.34	12:30	5:20	4	3:17	20	3:50	3.72	19:46	5:18	4	5:41	23	6:34
Last lap Finish	1.28	6:46	5:17	4	1:46	21	1:50	5.00	26:32	5:18	4	7:27	22	8:24