



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

Schumann, Frank

Club: Genussläufer

Number: 175

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 26:32

Speed: 11.31 km/h

Running performance: 5:19 min/km

Rank in course/Total: 25 (of 52)

Rank in course/Men: 22 (of 34)

Best time in course: 18:08

Rank in category: 3(of 3)

Best time in the category: 25:16

### 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	3	1:10	31	2:44	1.38	7:16	5:15	3	1:10	31	2:44
Lap 2	2.34	12:31	5:20	2	0:38	21	3:51	3.72	19:47	5:19	3	0:48	24	6:35
Last lap Finish	1.28	6:45	5:16	2	0:28	19	1:49	5.00	26:32	5:18	3	1:16	22	8:24