



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 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 | 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 | |