



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt

Number: 190

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 26:35

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 27 (of 52)

Rank in course/Men: 25 (of 34)

Best time in course: 18:08

Rank in category: 2(of 3)

Best time in the category: 22:04

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	6:46	4:54	2	1:18	23	2:14	1.38	6:46	4:54	2	1:18	23	2:14
Lap 2	2.34	12:43	5:26	2	2:01	23	4:03	3.72	19:29	5:14	2	3:19	22	6:17
Last lap Finish	1.28	7:06	5:32	2	1:12	24	2:10	5.00	26:35	5:18	2	4:31	25	8:27