



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Löffler, Christoph

Club: VfB Torpedo Ichttershausen

Number: 167

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 27:11

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 31 (of 52)

Rank in course/Men: 27 (of 34)

Best time in course: 18:08

Rank in category: 2(of 2)

Best time in the category: 20:32

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	6:59	5:03	2	2:07	26	2:27	1.38	6:59	5:03	2	2:07	26	2:27
Lap 2	2.34	12:57	5:32	2	2:56	26	4:17	3.72	19:56	5:21	2	5:03	27	6:44
Last lap Finish	1.28	7:15	5:39	2	1:36	26	2:19	5.00	27:11	5:26	2	6:39	27	9:03