



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hendrich, Steve

Club: Dornheim

Number: 159

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 27:41

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 33 (of 52)

Rank in course/Men: 28 (of 34)

Best time in course: 18:08

Rank in category: 4(of 5)

Best time in the category: 18:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.38	6:26	4:39	4	1:54	21	1:54	1.38	6:26	4:39	4	1:54	21	1:54
Lap 2	2.34	13:43	5:51	5	5:03	29	5:03	3.72	20:09	5:25	5	6:57	29	6:57
Last lap Finish	1.28	7:32	5:53	4	2:36	27	2:36	5.00	27:41	5:32	4	9:33	28	9:33