



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Stertzing, Tom

Club: Plaue

Number: 198

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 25:32

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 21 (of 52)

Rank in course/Men: 19 (of 34)

Best time in course: 18:08

Rank in category: 2(of 3)

Best time in the category: 20:16

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	5:27	3:56	2	0:36	10	0:55	1.38	5:27	3:56	2	0:36	10	0:55
Lap 2	2.34	11:54	5:05	2	2:03	17	3:14	3.72	17:21	4:39	2	2:39	15	4:09
Last lap Finish	1.28	8:11	6:23	3	2:37	28	3:15	5.00	25:32	5:06	2	5:16	19	7:24