



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

**Hildesheim, Marcus**

Club: Sv Germania Fritzlar

Number: 187

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 19:05

Speed: 15.72 km/h

Running performance: 3:49 min/km

Rank in course/Total: 2 (of 52)

Rank in course/Men: 2 (of 34)

Best time in course: 18:08

Rank in category: 1(of 4)

Best time in the category: 19:05

### 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	4:52	3:31	1	-	3	0:20	1.38	4:52	3:31	1	-	3	0:20
Lap 2	2.34	9:13	3:56	1	-	2	0:33	3.72	14:05	3:47	1	-	2	0:53
Last lap Finish	1.28	5:00	3:54	1	-	2	0:04	5.00	19:05	3:48	1	-	2	0:57