



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Dittrich, Eric

Club: PSV Erfurt

Number: 152

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 30:18

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 41 (of 52)

Rank in course/Men: 29 (of 34)

Best time in course: 18:08

Rank in category: 4(of 5)

Best time in the category: 20:23

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	6:42	4:51	3	1:32	22	2:10	1.38	6:42	4:51	3	1:32	22	2:10
Lap 2	2.34	15:06	6:27	4	5:14	32	6:26	3.72	21:48	5:51	4	6:46	32	8:36
Last lap Finish	1.28	8:30	6:38	4	3:09	29	3:34	5.00	30:18	6:03	4	9:55	29	12:10