



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

**Adelmann, Mathias**

Club: Arnstadt

Number: 151

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 31:22

Speed: 9.56 km/h

Running performance: 6:16 min/km

Rank in course/Total: 42 (of 52)

Rank in course/Men: 31 (of 34)

Best time in course: 18:08

Rank in category: 3(of 3)

Best time in the category: 22:04

### 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	6:53	4:59	3	1:25	24	2:21	1.38	6:53	4:59	3	1:25	24	2:21
Lap 2	2.34	14:00	5:58	3	3:18	31	5:20	3.72	20:53	5:36	3	4:43	31	7:41
Last lap Finish	1.28	10:29	8:11	3	4:35	32	5:33	5.00	31:22	6:16	3	9:18	31	13:14