



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Wilke, Friedrich Reinhard

Club: Arnstadt

Number: 185

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 31:22

Speed: 9.56 km/h

Running performance: 6:16 min/km

Rank in course/Total: 43 (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: 20:22

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	1:29	24	2:21	1.38	6:53	4:59	3	1:29	24	2:21
Lap 2	2.34	13:59	5:58	3	4:13	30	5:19	3.72	20:52	5:36	3	5:42	30	7:40
Last lap Finish	1.28	10:30	8:12	3	5:18	33	5:34	5.00	31:22	6:16	3	11:00	31	13:14