



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Kaufmann, Dominique

Club: LSV Lok Arnstadt

Number: 317

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 14:18

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 7 (of 45)

Rank in course/Men: 6 (of 22)

Best time in course: 10:38

Rank in category: 1(of 2)

Best time in the category: 14:18

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	1.72	8:05	4:41	1	-	7	2:01	1.72	8:05	4:41	1	-	7	2:01
Last lap Finish	1.28	6:13	4:51	1	-	6	1:39	3.00	14:18	4:46	1	-	6	3:40