



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Prasser, Maxi

Club: Arnstadt

Number: 189

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 31:37

Speed: 9.49 km/h

Running performance: 6:19 min/km

Rank in course/Total: 45 (of 52)

Rank in course/Women: 13 (of 18)

Best time in course: 24:51

Rank in category: 4(of 4)

Best time in the category: 26:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	7:23	5:21	4	0:28	10	1:18	1.38	7:23	5:21	4	0:28	10	1:18
Lap 2	2.34	15:47	6:44	4	3:23	16	3:45	3.72	23:10	6:13	4	3:51	12	5:03
Last lap Finish	1.28	8:27	6:36	4	1:00	15	1:43	5.00	31:37	6:19	4	4:51	13	6:46