



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Mölders, Martin

Club: Liberales Laufteam

Number: 246

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 45:54

Speed: 13.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 27 (of 62)

Rank in course/Men: 25 (of 45)

Best time in course: 31:41

Rank in category: 4(of 8)

Best time in the category: 39:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:11	4:18	4	1:12	23	2:10	1.67	7:11	4:18	4	1:12	23	2:10
Lap 2	2.35	10:44	4:34	4	1:36	24	3:14	4.02	17:55	4:27	4	2:48	24	5:24
Lap 3	2.35	10:58	4:40	4	1:32	27	3:25	6.37	28:53	4:32	4	4:20	24	8:49
Lap 4	2.35	10:59	4:40	4	1:25	24	3:27	8.72	39:52	4:34	4	5:45	24	12:16
Last lap Finish	1.28	6:02	4:42	4	0:43	27	1:57	10.00	45:54	4:35	4	6:28	25	14:13