



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

VOGELSBERG, Sebastian

Club: Laufladen Erfurt OCR Team

Number: 229

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 46:20

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 28 (of 62)

Rank in course/Men: 26 (of 45)

Best time in course: 31:41

Rank in category: 1(of 5)

Best time in the category: 46:20

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 | 1.67 | 7:25 | 4:26 | 4 | 0:16 | 31 | 2:24 | 1.67 | 7:25 | 4:26 | 4 | 0:16 | 31 | 2:24 |
| Lap 2 | 2.35 | 11:00 | 4:40 | 1 | - | 26 | 3:30 | 4.02 | 18:25 | 4:34 | 3 | 0:12 | 29 | 5:54 |
| Lap 3 | 2.35 | 10:52 | 4:37 | 1 | - | 24 | 3:19 | 6.37 | 29:17 | 4:35 | 1 | - | 27 | 9:13 |
| Lap 4 | 2.35 | 10:59 | 4:40 | 1 | - | 24 | 3:27 | 8.72 | 40:16 | 4:37 | 1 | - | 26 | 12:40 |
| Last lap Finish | 1.28 | 6:04 | 4:44 | 3 | 0:14 | 28 | 1:59 | 10.00 | 46:20 | 4:38 | 1 | - | 26 | 14:39 |