



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