



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

KRÄMER, Sascha

Club: -

Number: 213

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 46:59

Speed: 12.77 km/h

Running performance: 4:42 min/km

Rank in course/Total: 31 (of 62)

Rank in course/Men: 29 (of 45)

Best time in course: 31:41

Rank in category: 4(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	7:09	4:16	1	-	22	2:08	1.67	7:09	4:16	1	-	22	2:08
Lap 2	2.35	11:04	4:42	3	0:04	29	3:34	4.02	18:13	4:31	1	-	26	5:42
Lap 3	2.35	11:15	4:47	4	0:23	30	3:42	6.37	29:28	4:37	3	0:11	29	9:24
Lap 4	2.35	11:21	4:49	3	0:22	28	3:49	8.72	40:49	4:40	4	0:33	30	13:13
Last lap Finish	1.28	6:10	4:49	4	0:20	29	2:05	10.00	46:59	4:41	4	0:39	29	15:18