



# 27. Arnstädter Citylauf

Arnstadt / 29.04.2017

## Detailed evaluation

**Stonek, Christian**

Club: SV Arnstadt 02  
Number: 232

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 46:59

Speed: 12.77 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 32 (of 62)

Rank in course/Men: 29 (of 45)

Best time in course: 31:41

Rank in category: 3(of 4)

Best time in the category: 41:53

### 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	7:12	4:18	3	0:45	25	2:11	1.67	7:12	4:18	3	0:45	25	2:11
Lap 2	2.35	10:48	4:35	3	1:05	25	3:18	4.02	18:00	4:28	3	1:50	25	5:29
Lap 3	2.35	11:04	4:42	3	1:06	28	3:31	6.37	29:04	4:33	3	2:50	25	9:00
Lap 4	2.35	11:36	4:56	3	1:31	30	4:04	8.72	40:40	4:39	3	4:20	28	13:04
Last lap Finish	1.28	6:19	4:56	3	0:46	30	2:14	10.00	46:59	4:41	3	5:06	29	15:18