



27. Arnstädter Citylauf  
Arnstadt / 29.04.2017

Detailed evaluation

SIMON, Holger

Club: -

Number: 228

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:51

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 36 (of 62)

Rank in course/Men: 31 (of 45)

Best time in course: 31:41

Rank in category: 5(of 7)

Best time in the category: 31:41

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	7:17	4:21	5	2:16	26	2:16	1.67	7:17	4:21	5	2:16	26	2:16
Lap 2	2.35	11:30	4:53	5	4:00	31	4:00	4.02	18:47	4:40	5	6:16	31	6:16
Lap 3	2.35	12:12	5:11	5	4:39	31	4:39	6.37	30:59	4:51	5	10:55	31	10:55
Lap 4	2.35	12:23	5:16	6	4:51	33	4:51	8.72	43:22	4:58	5	15:46	31	15:46
Last lap Finish	1.28	6:29	5:03	6	2:24	33	2:24	10.00	49:51	4:59	5	18:10	31	18:10