



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

HOFFMANN, Thomas

Club: -

Number: 210

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 51:29

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 38 (of 62)

Rank in course/Men: 32 (of 45)

Best time in course: 31:41

Rank in category: 4(of 5)

Best time in the category: 43:35

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	8:00	4:47	4	1:27	34	2:59	1.67	8:00	4:47	4	1:27	34	2:59	
Lap 2	2.35	12:00	5:06	4	1:55	32	4:30	4.02	20:00	4:58	4	3:22	34	7:29	
Lap 3	2.35	12:15	5:12	4	1:48	32	4:42	6.37	32:15	5:03	4	5:03	32	12:11	
Lap 4	2.35	12:27	5:17	5	1:54	34	4:55	8.72	44:42	5:07	4	6:52	32	17:06	
Last lap Finish	1.28	6:47	5:17	5	1:02	34	2:42	10.00	51:29	5:08	4	7:54	32	19:48	