



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV 08 Ilmenau

Number: 256

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:59

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 40 (of 62)

Rank in course/Men: 33 (of 45)

Best time in course: 31:41

Rank in category: 5(of 8)

Best time in the category: 39:26

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	7:55	4:44	6	1:56	33	2:54	1.67	7:55	4:44	6	1:56	33	2:54
Lap 2	2.35	12:03	5:07	5	2:55	33	4:33	4.02	19:58	4:58	6	4:51	33	7:27
Lap 3	2.35	12:30	5:19	5	3:04	33	4:57	6.37	32:28	5:05	5	7:55	33	12:24
Lap 4	2.35	12:32	5:19	5	2:58	35	5:00	8.72	45:00	5:09	5	10:53	33	17:24
Last lap Finish	1.28	6:59	5:27	6	1:40	37	2:54	10.00	51:59	5:11	5	12:33	33	20:18