



# 27. Arnstädter Citylauf

Arnstadt / 29.04.2017

## Detailed evaluation

**MACHATSCHEK, Frank**

Club: -

Number: 218

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:17

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 41 (of 62)

Rank in course/Men: 34 (of 45)

Best time in course: 31:41

Rank in category: 6(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		Total		Total		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	7:40	4:35	5	1:41	32	2:39	1.67	7:40	4:35	5	1:41	32	2:39	
Lap 2	2.35	12:13	5:11	6	3:05	34	4:43	4.02	19:53	4:56	5	4:46	32	7:22	
Lap 3	2.35	12:39	5:22	6	3:13	34	5:06	6.37	32:32	5:06	6	7:59	34	12:28	
Lap 4	2.35	12:39	5:22	6	3:05	36	5:07	8.72	45:11	5:10	6	11:04	34	17:35	
Last lap Finish	1.28	7:06	5:32	7	1:47	38	3:01	10.00	52:17	5:13	6	12:51	34	20:36	