



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |