



# 27. Arnstädter Citylauf

Arnstadt / 29.04.2017

## Detailed evaluation

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Club: Arnstadt  
Number: 240

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 53:10

Speed: 11.29 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 42 (of 62)

Rank in course/Men: 35 (of 45)

Best time in course: 31:41

Rank in category: 4(of 4)

Best time in the category: 41:53

### 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     | 8:07       | 4:51         | 4        | 1:40        | 36          | 3:06       | 1.67          | 8:07       | 4:51         | 4        | 1:40        | 36      | 3:06       |
| Lap 2           | 2.35     | 12:20      | 5:14         | 4        | 2:37        | 35          | 4:50       | 4.02          | 20:27      | 5:05         | 4        | 4:17        | 35      | 7:56       |
| Lap 3           | 2.35     | 12:41      | 5:23         | 4        | 2:43        | 35          | 5:08       | 6.37          | 33:08      | 5:12         | 4        | 6:54        | 35      | 13:04      |
| Lap 4           | 2.35     | 12:52      | 5:28         | 4        | 2:47        | 39          | 5:20       | 8.72          | 46:00      | 5:16         | 4        | 9:40        | 35      | 18:24      |
| Last lap Finish | 1.28     | 7:10       | 5:35         | 4        | 1:37        | 41          | 3:05       | 10.00         | 53:10      | 5:18         | 4        | 11:17       | 35      | 21:29      |