



# 27. Arnstädter Citylauf

Arnstadt / 29.04.2017

## Detailed evaluation

Müller, Christoph

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	