



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 | | 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 | 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 | |