



# 27. Arnstädter Citylauf

Arnstadt / 29.04.2017

## Detailed evaluation

**Kneise, Wolfram**

Club: Katholische Laufjugend Arnstadt  
Number: 241

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

**Total time: 53:31**

Speed: 11.21 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 43 (of 62)

Rank in course/Men: 36 (of 45)

Best time in course: 31:41

Rank in category: 6(of 7)

Best time in the category: 31:41

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	9:01	5:23	7	4:00	41	4:00	1.67	9:01	5:23	7	4:00	41	4:00
Lap 2	2.35	13:00	5:31	7	5:30	41	5:30	4.02	22:01	5:28	7	9:30	41	9:30
Lap 3	2.35	12:59	5:31	7	5:26	40	5:26	6.37	35:00	5:29	7	14:56	40	14:56
Lap 4	2.35	12:12	5:11	5	4:40	31	4:40	8.72	47:12	5:24	7	19:36	40	19:36
Last lap Finish	1.28	6:19	4:56	5	2:14	30	2:14	10.00	53:31	5:21	6	21:50	36	21:50