



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

Zeiger, Thomas

Club: Katholische Laufjugend Arnstadt
Number: 242

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:31

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

Rank in course/Total: 44 (of 62)

Rank in course/Men: 36 (of 45)

Best time in course: 31:41

Rank in category: 5(of 5)

Best time in the category: 43:35

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	9:01	5:23	5	2:28	41	4:00	1.67	9:01	5:23	5	2:28	41	4:00
Lap 2	2.35	12:59	5:31	5	2:54	40	5:29	4.02	22:00	5:28	5	5:22	40	9:29
Lap 3	2.35	13:00	5:31	5	2:33	42	5:27	6.37	35:00	5:29	5	7:48	40	14:56
Lap 4	2.35	12:12	5:11	4	1:39	31	4:40	8.72	47:12	5:24	5	9:22	40	19:36
Last lap Finish	1.28	6:19	4:56	4	0:34	30	2:14	10.00	53:31	5:21	5	9:56	36	21:50