



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

HOFFMANN, Maik

Club: -

Number: 209

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:43

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 45 (of 62)

Rank in course/Men: 38 (of 45)

Best time in course: 31:41

Rank in category: 7(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.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	8:04	4:49	6	3:03	35	3:03	1.67	8:04	4:49	6	3:03	35	3:03	
Lap 2	2.35	12:25	5:17	6	4:55	37	4:55	4.02	20:29	5:05	6	7:58	36	7:58	
Lap 3	2.35	12:58	5:31	6	5:25	39	5:25	6.37	33:27	5:15	6	13:23	36	13:23	
Lap 4	2.35	13:05	5:34	7	5:33	41	5:33	8.72	46:32	5:20	6	18:56	36	18:56	
Last lap Finish	1.28	7:11	5:36	7	3:06	42	3:06	10.00	53:43	5:22	7	22:02	38	22:02	