



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

HOPF, Jochen

Club: -

Number: 211

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 53:50

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 46 (of 62)

Rank in course/Men: 39 (of 45)

Best time in course: 31:41

Rank in category: 7(of 8)

Best time in the category: 39:26

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	8:25	5:02	7	2:26	38	3:24	1.67	8:25	5:02	7	2:26	38	3:24
Lap 2	2.35	12:52	5:28	7	3:44	38	5:22	4.02	21:17	5:17	7	6:10	38	8:46
Lap 3	2.35	12:54	5:29	7	3:28	38	5:21	6.37	34:11	5:21	7	9:38	39	14:07
Lap 4	2.35	12:50	5:27	7	3:16	37	5:18	8.72	47:01	5:23	7	12:54	38	19:25
Last lap Finish	1.28	6:49	5:19	5	1:30	35	2:44	10.00	53:50	5:23	7	14:24	39	22:09