



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

FLEISCHER, Stephan

Club: Katholische Laufjugend Arnstadt
Number: 205

Course: 10.00 km
n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 55:19

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 50 (of 62)

Rank in course/Men: 42 (of 45)

Best time in course: 31:41

Rank in category: 7(of 7)

Best time in the category: 36:06

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	7	3:20	41	4:00	1.67	9:01	5:23	7	3:20	41	4:00	
Lap 2	2.35	13:00	5:31	7	4:32	41	5:30	4.02	22:01	5:28	7	7:52	41	9:30	
Lap 3	2.35	13:00	5:31	7	4:25	42	5:27	6.37	35:01	5:29	7	12:17	43	14:57	
Lap 4	2.35	13:11	5:36	7	4:33	42	5:39	8.72	48:12	5:31	7	16:50	43	20:36	
Last lap Finish	1.28	7:07	5:33	7	2:23	39	3:02	10.00	55:19	5:31	7	19:13	42	23:38	