



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Fleischer, Heimbart

Club: Katholische Laufjugend Arnstadt
Number: 265

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 55:19

Speed: 10.85 km/h
Running performance: 5:32 min/km

Rank in course/Total: 51 (of 62)

Rank in course/Men: 42 (of 45)

Best time in course: 31:41

Rank in category: 3(of 3)

Best time in the category: 44:25

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	9:01	5:23	3	1:57	41	4:00	1.67	9:01	5:23	3	1:57	41	4:00	
Lap 2	2.35	13:00	5:31	3	2:32	41	5:30	4.02	22:01	5:28	3	4:29	41	9:30	
Lap 3	2.35	12:59	5:31	3	2:32	40	5:26	6.37	35:00	5:29	3	7:01	40	14:56	
Lap 4	2.35	13:11	5:36	3	2:38	42	5:39	8.72	48:11	5:31	3	9:39	42	20:35	
Last lap Finish	1.28	7:08	5:34	3	1:15	40	3:03	10.00	55:19	5:31	3	10:54	42	23:38	