



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

MOLDENHAUER, Frank

Club: -

Number: 222

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 58:03

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 52 (of 62)

Rank in course/Men: 44 (of 45)

Best time in course: 31:41

Rank in category: 8(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	8:38	5:10	8	2:39	39	3:37	1.67	8:38	5:10	8	2:39	39	3:37
Lap 2	2.35	13:30	5:44	8	4:22	44	6:00	4.02	22:08	5:30	8	7:01	44	9:37
Lap 3	2.35	14:01	5:57	8	4:35	45	6:28	6.37	36:09	5:40	8	11:36	44	16:05
Lap 4	2.35	14:10	6:01	8	4:36	45	6:38	8.72	50:19	5:46	8	16:12	44	22:43
Last lap Finish	1.28	7:44	6:02	8	2:25	45	3:39	10.00	58:03	5:48	8	18:37	44	26:22