



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

KRIEGHOFF, Marcel

Club: SC Impuls Erfurt

Number: 215

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 31:41

Speed: 18.94 km/h

Running performance: 3:10 min/km

Rank in course/Total: 1 (of 62)

Rank in course/Men: 1 (of 45)

Best time in course: 31:41

Rank in category: 1(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	5:01	3:00	1	-	1	-	1.67	5:01	3:00	1	-	1	-
Lap 2	2.35	7:30	3:11	1	-	1	-	4.02	12:31	3:06	1	-	1	-
Lap 3	2.35	7:33	3:12	1	-	1	-	6.37	20:04	3:09	1	-	1	-
Lap 4	2.35	7:32	3:12	1	-	1	-	8.72	27:36	3:09	1	-	1	-
Last lap Finish	1.28	4:05	3:11	1	-	1	-	10.00	31:41	3:10	1	-	1	-