



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Müller, Michael

Club: GMRLV
Number: 259

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 36:06

Speed: 16.62 km/h
Running performance: 3:37 min/km

Rank in course/Total: 2 (of 62)

Rank in course/Men: 2 (of 45)

Best time in course: 31:41

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	5:41	3:24	1	-	2	0:40	1.67	5:41	3:24	1	-	2	0:40
Lap 2	2.35	8:28	3:36	1	-	2	0:58	4.02	14:09	3:31	1	-	2	1:38
Lap 3	2.35	8:35	3:39	1	-	2	1:02	6.37	22:44	3:34	1	-	2	2:40
Lap 4	2.35	8:38	3:40	1	-	2	1:06	8.72	31:22	3:35	1	-	2	3:46
Last lap Finish	1.28	4:44	3:41	1	-	2	0:39	10.00	36:06	3:36	1	-	2	4:25