



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Eck, Mathias

Club: Schmalkalden

Number: 253

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 38:29

Speed: 15.59 km/h

Running performance: 3:51 min/km

Rank in course/Total: 4 (of 62)

Rank in course/Men: 4 (of 45)

Best time in course: 31:41

Rank in category: 3(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	5:49	3:28	2	0:48	3	0:48	1.67	5:49	3:28	2	0:48	3	0:48	
Lap 2	2.35	9:03	3:51	3	1:33	4	1:33	4.02	14:52	3:41	3	2:21	4	2:21	
Lap 3	2.35	9:13	3:55	3	1:40	4	1:40	6.37	24:05	3:46	3	4:01	4	4:01	
Lap 4	2.35	9:20	3:58	3	1:48	4	1:48	8.72	33:25	3:49	3	5:49	4	5:49	
Last lap Finish	1.28	5:04	3:57	3	0:59	4	0:59	10.00	38:29	3:50	3	6:48	4	6:48	