



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

Schneider, Bernhard

Club: Stützerbach
Number: 245

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 39:26

Speed: 15.22 km/h
Running performance: 3:56 min/km

Rank in course/Total: 5 (of 62)

Rank in course/Men: 5 (of 45)

Best time in course: 31:41

Rank in category: 1(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	5:59	3:34	1	-	5	0:58	1.67	5:59	3:34	1	-	5	0:58
Lap 2	2.35	9:08	3:53	1	-	5	1:38	4.02	15:07	3:45	1	-	5	2:36
Lap 3	2.35	9:26	4:00	1	-	6	1:53	6.37	24:33	3:51	1	-	5	4:29
Lap 4	2.35	9:34	4:04	1	-	6	2:02	8.72	34:07	3:54	1	-	5	6:31
Last lap Finish	1.28	5:19	4:09	1	-	10	1:14	10.00	39:26	3:56	1	-	5	7:45