



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Hauk, Jörg

Club: Geschwenda
Number: 250

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 39:33

Speed: 15.17 km/h
Running performance: 3:58 min/km

Rank in course/Total: 6 (of 62)

Rank in course/Men: 6 (of 45)

Best time in course: 31:41

Rank in category: 1(of 3)

Best time in the category: 39:33

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	6:28	3:52	1	-	10	1:27	1.67	6:28	3:52	1	-	10	1:27
Lap 2	2.35	9:24	4:00	1	-	6	1:54	4.02	15:52	3:56	1	-	7	3:21
Lap 3	2.35	9:16	3:56	1	-	5	1:43	6.37	25:08	3:56	1	-	7	5:04
Lap 4	2.35	9:20	3:58	1	-	4	1:48	8.72	34:28	3:57	1	-	6	6:52
Last lap Finish	1.28	5:05	3:58	1	-	6	1:00	10.00	39:33	3:57	1	-	6	7:52