



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Heller, Maik

Club: Schmalkalden

Number: 254

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:59

Speed: 15.01 km/h

Running performance: 4:00 min/km

Rank in course/Total: 7 (of 62)

Rank in course/Men: 7 (of 45)

Best time in course: 31:41

Rank in category: 4(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		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	6:06	3:39	4	1:05	6	1:05	1.67	6:06	3:39	4	1:05	6	1:05	
Lap 2	2.35	9:25	4:00	4	1:55	8	1:55	4.02	15:31	3:51	4	3:00	6	3:00	
Lap 3	2.35	9:35	4:04	4	2:02	9	2:02	6.37	25:06	3:56	4	5:02	6	5:02	
Lap 4	2.35	9:43	4:08	4	2:11	10	2:11	8.72	34:49	3:59	4	7:13	7	7:13	
Last lap Finish	1.28	5:10	4:02	4	1:05	8	1:05	10.00	39:59	3:59	4	8:18	7	8:18	