



# 27. Arnstädter Citylauf

Arnstadt / 29.04.2017

## Detailed evaluation

**Herrmann, Maik**

Club: SC Impuls Erfurt

Number: 247

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:11

Speed: 14.93 km/h

Running performance: 4:01 min/km

Rank in course/Total: 9 (of 62)

Rank in course/Men: 9 (of 45)

Best time in course: 31:41

Rank in category: 3(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.	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	6:15	3:44	2	0:34	8	1:14	1.67	6:15	3:44	2	0:34	8	1:14
Lap 2	2.35	9:38	4:05	4	1:10	10	2:08	4.02	15:53	3:57	2	1:44	8	3:22
Lap 3	2.35	9:27	4:01	2	0:52	7	1:54	6.37	25:20	3:58	2	2:36	8	5:16
Lap 4	2.35	9:35	4:04	4	0:57	9	2:03	8.72	34:55	4:00	2	3:33	8	7:19
Last lap Finish	1.28	5:16	4:06	4	0:32	9	1:11	10.00	40:11	4:01	3	4:05	9	8:30