



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Schmidt, Bernd

Club: Geschwenda
Number: 266

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 41:40

Speed: 14.40 km/h
Running performance: 4:10 min/km

Rank in course/Total: 11 (of 62)

Rank in course/Men: 11 (of 45)

Best time in course: 31:41

Rank in category: 2(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	6:30	3:53	2	0:31	12	1:29	1.67	6:30	3:53	2	0:31	12	1:29
Lap 2	2.35	9:50	4:11	2	0:42	12	2:20	4.02	16:20	4:03	2	1:13	12	3:49
Lap 3	2.35	9:57	4:14	2	0:31	11	2:24	6.37	26:17	4:07	2	1:44	12	6:13
Lap 4	2.35	9:58	4:14	2	0:24	11	2:26	8.72	36:15	4:09	2	2:08	11	8:39
Last lap Finish	1.28	5:25	4:13	2	0:06	11	1:20	10.00	41:40	4:09	2	2:14	11	9:59