



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

MEHR, Ralf

Club: X-Runners Jena
Number: 220

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 41:53

Speed: 14.33 km/h
Running performance: 4:11 min/km

Rank in course/Total: 12 (of 62)

Rank in course/Men: 12 (of 45)

Best time in course: 31:41

Rank in category: 1(of 4)

Best time in the category: 41:53

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	6:27	3:51	1	-	9	1:26	1.67	6:27	3:51	1	-	9	1:26
Lap 2	2.35	9:43	4:08	1	-	11	2:13	4.02	16:10	4:01	1	-	11	3:39
Lap 3	2.35	10:04	4:17	2	0:06	14	2:31	6.37	26:14	4:07	1	-	11	6:10
Lap 4	2.35	10:06	4:17	2	0:01	14	2:34	8.72	36:20	4:10	1	-	12	8:44
Last lap Finish	1.28	5:33	4:20	1	-	13	1:28	10.00	41:53	4:11	1	-	12	10:12