



27. Arnstädter Citylauf  
Arnstadt / 29.04.2017

Detailed evaluation

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Club: Katholische Laufjugend Arnstadt  
Number: 231

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 41:57

Speed: 14.30 km/h  
Running performance: 4:12 min/km

Rank in course/Total: 13 (of 62)

Rank in course/Men: 13 (of 45)

Best time in course: 31:41

Rank in category: 2(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.	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	0:03	12	1:29	1.67	6:30	3:53	2	0:03	12	1:29
Lap 2	2.35	9:50	4:11	2	0:07	12	2:20	4.02	16:20	4:03	2	0:10	12	3:49
Lap 3	2.35	9:58	4:14	1	-	12	2:25	6.37	26:18	4:07	2	0:04	13	6:14
Lap 4	2.35	10:05	4:17	1	-	12	2:33	8.72	36:23	4:10	2	0:03	13	8:47
Last lap Finish	1.28	5:34	4:20	2	0:01	14	1:29	10.00	41:57	4:11	2	0:04	13	10:16