



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Stutzig, Henrik

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 |