



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Hauser, Olaf

Club: LV Gera
Number: 251

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 42:23

Speed: 14.16 km/h
Running performance: 4:14 min/km

Rank in course/Total: 14 (of 62)

Rank in course/Men: 14 (of 45)

Best time in course: 31:41

Rank in category: 3(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			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	6:49	4:04	3	0:50	18	1:48	1.67	6:49	4:04	3	0:50	18	1:48
Lap 2	2.35	10:00	4:15	3	0:52	14	2:30	4.02	16:49	4:10	3	1:42	16	4:18
Lap 3	2.35	9:59	4:14	3	0:33	13	2:26	6.37	26:48	4:12	3	2:15	14	6:44
Lap 4	2.35	10:05	4:17	3	0:31	12	2:33	8.72	36:53	4:13	3	2:46	14	9:17
Last lap Finish	1.28	5:30	4:17	3	0:11	12	1:25	10.00	42:23	4:14	3	2:57	14	10:42