



27. Arnstädter Citylauf  
Arnstadt / 29.04.2017

Detailed evaluation

Wolfig, Uwe

Club: Plaue  
Number: 262

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 43:47

Speed: 13.70 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 17 (of 62)

Rank in course/Men: 17 (of 45)

Best time in course: 31:41

Rank in category: 2(of 5)

Best time in the category: 43:35

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	6:47	4:03	2	0:14	17	1:46	1.67	6:47	4:03	2	0:14	17	1:46
Lap 2	2.35	10:10	4:19	2	0:05	17	2:40	4.02	16:57	4:12	2	0:19	18	4:26
Lap 3	2.35	10:27	4:26	1	-	16	2:54	6.37	27:24	4:18	2	0:12	17	7:20
Lap 4	2.35	10:33	4:29	1	-	17	3:01	8.72	37:57	4:21	2	0:07	17	10:21
Last lap Finish	1.28	5:50	4:33	2	0:05	19	1:45	10.00	43:47	4:22	2	0:12	17	12:06