



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

GERNGROß, Thomas

Club: ThSV 1886 Geschwenda
Number: 206

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:35

Speed: 13.77 km/h
Running performance: 4:22 min/km

Rank in course/Total: 16 (of 62)

Rank in course/Men: 16 (of 45)

Best time in course: 31:41

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:33	3:55	1	-	15	1:32	1.67	6:33	3:55	1	-	15	1:32
Lap 2	2.35	10:05	4:17	1	-	16	2:35	4.02	16:38	4:08	1	-	15	4:07
Lap 3	2.35	10:34	4:29	2	0:07	19	3:01	6.37	27:12	4:16	1	-	16	7:08
Lap 4	2.35	10:38	4:31	2	0:05	20	3:06	8.72	37:50	4:20	1	-	16	10:14
Last lap Finish	1.28	5:45	4:29	1	-	17	1:40	10.00	43:35	4:21	1	-	16	11:54