



27. Arnstädter Citylauf  
Arnstadt / 29.04.2017

Detailed evaluation

Beck, Jens

Club: Arnstadt  
Number: 249

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 44:34

Speed: 13.46 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 21 (of 62)

Rank in course/Men: 21 (of 45)

Best time in course: 31:41

Rank in category: 5(of 7)

Best time in the category: 36:06

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	7:17	4:21	6	1:36	26	2:16	1.67	7:17	4:21	6	1:36	26	2:16
Lap 2	2.35	10:37	4:31	5	2:09	22	3:07	4.02	17:54	4:27	6	3:45	23	5:23
Lap 3	2.35	10:38	4:31	5	2:03	21	3:05	6.37	28:32	4:28	5	5:48	22	8:28
Lap 4	2.35	10:19	4:23	5	1:41	15	2:47	8.72	38:51	4:27	5	7:29	22	11:15
Last lap Finish	1.28	5:43	4:27	6	0:59	16	1:38	10.00	44:34	4:27	5	8:28	21	12:53