



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmenau
Number: 258

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 44:41

Speed: 13.43 km/h
Running performance: 4:28 min/km

Rank in course/Total: 22 (of 62)

Rank in course/Men: 22 (of 45)

Best time in course: 31:41

Rank in category: 3(of 3)

Best time in the category: 39:33

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 | 6:55 | 4:08 | 3 | 0:27 | 20 | 1:54 | 1.67 | 6:55 | 4:08 | 3 | 0:27 | 20 | 1:54 |
| Lap 2 | 2.35 | 10:32 | 4:28 | 3 | 1:08 | 21 | 3:02 | 4.02 | 17:27 | 4:20 | 3 | 1:35 | 20 | 4:56 |
| Lap 3 | 2.35 | 10:37 | 4:31 | 3 | 1:21 | 20 | 3:04 | 6.37 | 28:04 | 4:24 | 3 | 2:56 | 21 | 8:00 |
| Lap 4 | 2.35 | 10:44 | 4:34 | 3 | 1:24 | 21 | 3:12 | 8.72 | 38:48 | 4:26 | 3 | 4:20 | 21 | 11:12 |
| Last lap Finish | 1.28 | 5:53 | 4:35 | 2 | 0:48 | 23 | 1:48 | 10.00 | 44:41 | 4:28 | 3 | 5:08 | 22 | 13:00 |