



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