



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Müller, Jörg

Club: Alkersleben

Number: 237

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:47

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 26 (of 62)

Rank in course/Men: 24 (of 45)

Best time in course: 31:41

Rank in category: 3(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	7:21	4:24	3	0:48	28	2:20	1.67	7:21	4:24	3	0:48	28	2:20
Lap 2	2.35	11:03	4:42	3	0:58	28	3:33	4.02	18:24	4:34	3	1:46	27	5:53
Lap 3	2.35	10:47	4:35	3	0:20	23	3:14	6.37	29:11	4:34	3	1:59	26	9:07
Lap 4	2.35	10:44	4:34	3	0:11	21	3:12	8.72	39:55	4:34	3	2:05	25	12:19
Last lap Finish	1.28	5:52	4:34	3	0:07	22	1:47	10.00	45:47	4:34	3	2:12	24	14:06