



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Hülle, Jörg

Club: Alkersleben

Number: 259

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:52

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 20 (of 96)

Rank in course/Men: 18 (of 62)

Best time in course: 35:39

Rank in category: 5(of 10)

Best time in the category: 41:50

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	7:03	4:13	4	0:45	18	1:32	1.67	7:03	4:13	4	0:45	18	1:32	
Lap 2	2.35	10:36	4:30	5	1:02	18	2:19	4.02	17:39	4:23	5	1:47	18	3:51	
Lap 3	2.35	10:45	4:34	5	0:41	17	2:14	6.37	28:24	4:27	5	2:28	18	6:05	
Lap 4	2.35	10:35	4:30	5	0:26	16	2:02	8.72	38:59	4:28	5	2:54	17	8:07	
Last lap Finish	1.28	5:53	4:35	5	0:19	15	1:06	10.00	44:52	4:29	5	3:02	18	9:13	