



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Ritter, Siegfried

Club: Uni Ilmenau

Number: 287

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 45:31

Speed: 13.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 21 (of 96)

Rank in course/Men: 19 (of 62)

Best time in course: 35:39

Rank in category: 1(of 4)

Best time in the category: 45:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.67	7:12	4:18	1	-	24	1:41	1.67	7:12	4:18	1	-	24	1:41
Lap 2	2.35	10:46	4:34	1	-	20	2:29	4.02	17:58	4:28	1	-	21	4:10
Lap 3	2.35	10:45	4:34	1	-	17	2:14	6.37	28:43	4:30	1	-	20	6:24
Lap 4	2.35	10:44	4:34	1	-	18	2:11	8.72	39:27	4:31	1	-	19	8:35
Last lap Finish	1.28	6:04	4:44	1	-	16	1:17	10.00	45:31	4:33	1	-	19	9:52