



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

RÖHMHILD, Lukas

Club: LSV Lok Arnstadt

Number: 237

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 45:46

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 23 (of 96)

Rank in course/Men: 21 (of 62)

Best time in course: 35:39

Rank in category: 1(of 8)

Best time in the category: 45:46

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	7:03	4:13	1	-	18	1:32	1.67	7:03	4:13	1	-	18	1:32
Lap 2	2.35	10:39	4:31	1	-	19	2:22	4.02	17:42	4:24	1	-	19	3:54
Lap 3	2.35	10:53	4:37	1	-	19	2:22	6.37	28:35	4:29	1	-	19	6:16
Lap 4	2.35	11:02	4:41	1	-	20	2:29	8.72	39:37	4:32	1	-	20	8:45
Last lap Finish	1.28	6:09	4:48	1	-	17	1:22	10.00	45:46	4:34	1	-	21	10:07