



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 286

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:07

Speed: 13.01 km/h
Running performance: 4:37 min/km

Rank in course/Total: 24 (of 96)

Rank in course/Men: 22 (of 62)

Best time in course: 35:39

Rank in category: 2(of 3)

Best time in the category: 40:58

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	7:11	4:18	2	0:47	21	1:40	1.67	7:11	4:18	2	0:47	21	1:40
Lap 2	2.35	10:47	4:35	2	1:24	21	2:30	4.02	17:58	4:28	2	2:11	21	4:10
Lap 3	2.35	10:58	4:40	2	1:14	20	2:27	6.37	28:56	4:32	2	3:25	21	6:37
Lap 4	2.35	10:59	4:40	2	1:07	19	2:26	8.72	39:55	4:34	2	4:32	21	9:03
Last lap Finish	1.28	6:12	4:50	2	0:37	20	1:25	10.00	46:07	4:36	2	5:09	22	10:28