



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmenau

Number: 289

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:17

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 25 (of 96)

Rank in course/Men: 23 (of 62)

Best time in course: 35:39

Rank in category: 3(of 3)

Best time in the category: 40:58

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	7:11	4:18	2	0:47	21	1:40	1.67	7:11	4:18	2	0:47	21	1:40
Lap 2	2.35	10:48	4:35	3	1:25	22	2:31	4.02	17:59	4:28	3	2:12	23	4:11
Lap 3	2.35	10:59	4:40	3	1:15	21	2:28	6.37	28:58	4:32	3	3:27	22	6:39
Lap 4	2.35	11:05	4:42	3	1:13	21	2:32	8.72	40:03	4:35	3	4:40	22	9:11
Last lap Finish	1.28	6:14	4:52	3	0:39	21	1:27	10.00	46:17	4:37	3	5:19	23	10:38