



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Grossmann, Florian

Club: Langewiesen

Number: 265

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 47:56

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 27 (of 96)

Rank in course/Men: 24 (of 62)

Best time in course: 35:39

Rank in category: 4(of 15)

Best time in the category: 38:27

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	6:58	4:10	4	1:03	17	1:27	1.67	6:58	4:10	4	1:03	17	1:27
Lap 2	2.35	10:55	4:38	4	1:50	23	2:38	4.02	17:53	4:26	4	2:53	20	4:05
Lap 3	2.35	11:36	4:56	6	2:27	25	3:05	6.37	29:29	4:37	4	5:20	23	7:10
Lap 4	2.35	11:55	5:04	9	2:51	28	3:22	8.72	41:24	4:44	4	8:11	23	10:32
Last lap Finish	1.28	6:32	5:06	7	1:18	26	1:45	10.00	47:56	4:47	4	9:29	24	12:17