



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Vogelsberg, Sebastian

Club: Kirmesgesellschaft Dannheim
Number: 255

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:58

Speed: 12.51 km/h
Running performance: 4:48 min/km

Rank in course/Total: 28 (of 96)

Rank in course/Men: 25 (of 62)

Best time in course: 35:39

Rank in category: 5(of 15)

Best time in the category: 38:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	7:26	4:27	8	1:31	28	1:55	1.67	7:26	4:27	8	1:31	28	1:55
Lap 2	2.35	11:17	4:48	7	2:12	27	3:00	4.02	18:43	4:39	7	3:43	27	4:55
Lap 3	2.35	11:24	4:51	4	2:15	23	2:53	6.37	30:07	4:43	7	5:58	26	7:48
Lap 4	2.35	11:28	4:52	5	2:24	24	2:55	8.72	41:35	4:46	6	8:22	25	10:43
Last lap Finish	1.28	6:23	4:59	4	1:09	23	1:36	10.00	47:58	4:47	5	9:31	25	12:19