



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Krämer, Sascha

Club: Ilmenau

Number: 293

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:22

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 30 (of 96)

Rank in course/Men: 27 (of 62)

Best time in course: 35:39

Rank in category: 7(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	7:08	4:16	5	1:13	20	1:37	1.67	7:08	4:16	5	1:13	20	1:37	
Lap 2	2.35	11:13	4:46	6	2:08	25	2:56	4.02	18:21	4:33	5	3:21	24	4:33	
Lap 3	2.35	11:33	4:54	5	2:24	24	3:02	6.37	29:54	4:41	5	5:45	24	7:35	
Lap 4	2.35	11:40	4:57	7	2:36	26	3:07	8.72	41:34	4:46	5	8:21	24	10:42	
Last lap Finish	1.28	6:48	5:18	10	1:34	32	2:01	10.00	48:22	4:50	7	9:55	27	12:43	