



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

SCHUMANN, Frank

Club: Genussläufer

Number: 242

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:12

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 31 (of 96)

Rank in course/Men: 28 (of 62)

Best time in course: 35:39

Rank in category: 4(of 7)

Best time in the category: 42:22

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	7:25	4:26	4	1:03	26	1:54	1.67	7:25	4:26	4	1:03	26	1:54	
Lap 2	2.35	11:13	4:46	4	1:16	25	2:56	4.02	18:38	4:38	4	2:13	26	4:50	
Lap 3	2.35	11:41	4:58	4	1:38	27	3:10	6.37	30:19	4:45	4	3:47	27	8:00	
Lap 4	2.35	12:10	5:10	4	2:00	30	3:37	8.72	42:29	4:52	4	5:47	27	11:37	
Last lap Finish	1.28	6:43	5:14	4	1:03	29	1:56	10.00	49:12	4:55	4	6:50	28	13:33	