



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

HäFER, Dirk

Club: -

Number: 216

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:20

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 32 (of 96)

Rank in course/Men: 29 (of 62)

Best time in course: 35:39

Rank in category: 5(of 7)

Best time in the category: 42:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men					Behind Men
Lap 1	1.67	7:51	4:42	6	1:29	33	2:20	1.67	7:51	4:42	6	1:29	33	2:20				
Lap 2	2.35	11:18	4:48	5	1:21	28	3:01	4.02	19:09	4:45	6	2:44	31	5:21				
Lap 3	2.35	11:48	5:01	5	1:45	28	3:17	6.37	30:57	4:51	5	4:25	28	8:38				
Lap 4	2.35	12:36	5:21	6	2:26	37	4:03	8.72	43:33	4:59	5	6:51	28	12:41				
Last lap Finish	1.28	6:47	5:17	5	1:07	31	2:00	10.00	50:20	5:01	5	7:58	29	14:41				