



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

**Bähr, Friedrich**

Club: Traktor Rehestädt

Number: 304

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 50:54

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 34 (of 96)

Rank in course/Men: 31 (of 62)

Best time in course: 35:39

Rank in category: 9(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:58	4:46	10	2:03	34	2:27	1.67	7:58	4:46	10	2:03	34	2:27
Lap 2	2.35	12:07	5:09	10	3:02	36	3:50	4.02	20:05	4:59	9	5:05	34	6:17
Lap 3	2.35	12:50	5:27	12	3:41	44	4:19	6.37	32:55	5:10	10	8:46	37	10:36
Lap 4	2.35	11:49	5:01	8	2:45	27	3:16	8.72	44:44	5:07	9	11:31	34	13:52
Last lap Finish	1.28	6:10	4:49	3	0:56	18	1:23	10.00	50:54	5:05	9	12:27	31	15:15