



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Stonek, Christian

Club: Liberales Laufteam

Number: 275

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 51:06

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 35 (of 96)

Rank in course/Men: 32 (of 62)

Best time in course: 35:39

Rank in category: 6(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:29	4:28	5	1:07	29	1:58	1.67	7:29	4:28	5	1:07	29	1:58	
Lap 2	2.35	11:39	4:57	6	1:42	29	3:22	4.02	19:08	4:45	5	2:43	29	5:20	
Lap 3	2.35	12:29	5:18	6	2:26	37	3:58	6.37	31:37	4:57	6	5:05	30	9:18	
Lap 4	2.35	12:27	5:17	5	2:17	34	3:54	8.72	44:04	5:03	6	7:22	30	13:12	
Last lap Finish	1.28	7:02	5:29	6	1:22	43	2:15	10.00	51:06	5:06	6	8:44	32	15:27	