



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Mölders, Martin

Club: Liberales Laufteam

Number: 270

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 51:06

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 36 (of 96)

Rank in course/Men: 32 (of 62)

Best time in course: 35:39

Rank in category: 2(of 4)

Best time in the category: 45:31

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	7:29	4:28	2	0:17	29	1:58	1.67	7:29	4:28	2	0:17	29	1:58
Lap 2	2.35	11:39	4:57	2	0:53	29	3:22	4.02	19:08	4:45	2	1:10	29	5:20
Lap 3	2.35	12:29	5:18	2	1:44	37	3:58	6.37	31:37	4:57	2	2:54	30	9:18
Lap 4	2.35	12:27	5:17	2	1:43	34	3:54	8.72	44:04	5:03	2	4:37	30	13:12
Last lap Finish	1.28	7:02	5:29	2	0:58	43	2:15	10.00	51:06	5:06	2	5:35	32	15:27