



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

GRUNE, Sascha

Club: -

Number: 214

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 51:17

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 37 (of 96)

Rank in course/Men: 34 (of 62)

Best time in course: 35:39

Rank in category: 6(of 7)

Best time in the category: 35:39

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	8:07	4:51	5	2:36	36	2:36	1.67	8:07	4:51	5	2:36	36	2:36
Lap 2	2.35	11:58	5:05	5	3:41	34	3:41	4.02	20:05	4:59	5	6:17	34	6:17
Lap 3	2.35	12:14	5:12	5	3:43	31	3:43	6.37	32:19	5:04	5	10:00	34	10:00
Lap 4	2.35	12:06	5:08	5	3:33	29	3:33	8.72	44:25	5:05	5	13:33	32	13:33
Last lap Finish	1.28	6:52	5:21	5	2:05	37	2:05	10.00	51:17	5:07	6	15:38	34	15:38