



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Kneise, Wolfram

Club: Kath. Laufjugend Arnstadt
Number: 256

Course: 10.00 km
n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 51:24

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 38 (of 96)

Rank in course/Men: 35 (of 62)

Best time in course: 35:39

Rank in category: 10(of 15)

Best time in the category: 38:27

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	8:41	5:11	13	2:46	45	3:10	1.67	8:41	5:11	13	2:46	45	3:10	
Lap 2	2.35	12:40	5:23	13	3:35	45	4:23	4.02	21:21	5:18	14	6:21	46	7:33	
Lap 3	2.35	12:19	5:14	9	3:10	34	3:48	6.37	33:40	5:17	12	9:31	42	11:21	
Lap 4	2.35	11:20	4:49	4	2:16	23	2:47	8.72	45:00	5:09	11	11:47	37	14:08	
Last lap Finish	1.28	6:24	5:00	5	1:10	24	1:37	10.00	51:24	5:08	10	12:57	35	15:45	