



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV 08 Ilmenau

Number: 276

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:54

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 41 (of 96)

Rank in course/Men: 38 (of 62)

Best time in course: 35:39

Rank in category: 1(of 5)

Best time in the category: 51:54

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	8:13	4:55	1	-	39	2:42	1.67	8:13	4:55	1	-	39	2:42
Lap 2	2.35	12:04	5:08	1	-	35	3:47	4.02	20:17	5:02	1	-	37	6:29
Lap 3	2.35	12:14	5:12	1	-	31	3:43	6.37	32:31	5:06	1	-	35	10:12
Lap 4	2.35	12:26	5:17	2	0:07	33	3:53	8.72	44:57	5:09	1	-	36	14:05
Last lap Finish	1.28	6:57	5:25	2	0:15	42	2:10	10.00	51:54	5:11	1	-	38	16:15