



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

**SEEVER, Thorsten**

Club: SG Motor Arnstadt

Number: 244

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:16

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 42 (of 96)

Rank in course/Men: 39 (of 62)

Best time in course: 35:39

Rank in category: 7(of 10)

Best time in the category: 41:50

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	7:41	4:36	6	1:23	31	2:10	1.67	7:41	4:36	6	1:23	31	2:10	
Lap 2	2.35	12:10	5:10	7	2:36	37	3:53	4.02	19:51	4:56	7	3:59	33	6:03	
Lap 3	2.35	12:27	5:17	7	2:23	36	3:56	6.37	32:18	5:04	7	6:22	33	9:59	
Lap 4	2.35	13:05	5:34	8	2:56	44	4:32	8.72	45:23	5:12	7	9:18	38	14:31	
Last lap Finish	1.28	6:53	5:22	6	1:19	39	2:06	10.00	52:16	5:13	7	10:26	39	16:37	