



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Mähr, Andreas

Club: Arnstadt

Number: 280

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:27

Speed: 11.44 km/h

Running performance: 5:14 min/km

Rank in course/Total: 43 (of 96)

Rank in course/Men: 40 (of 62)

Best time in course: 35:39

Rank in category: 2(of 5)

Best time in the category: 51:54

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	1.67	8:33	5:07	2	0:20	42	3:02	1.67	8:33	5:07	2	0:20	42	3:02
Lap 2	2.35	12:36	5:21	2	0:32	44	4:19	4.02	21:09	5:15	2	0:52	41	7:21
Lap 3	2.35	12:17	5:13	2	0:03	33	3:46	6.37	33:26	5:14	2	0:55	41	11:07
Lap 4	2.35	12:19	5:14	1	-	31	3:46	8.72	45:45	5:14	2	0:48	39	14:53
Last lap Finish	1.28	6:42	5:14	1	-	28	1:55	10.00	52:27	5:14	2	0:33	40	16:48