



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

HANSAL, Tobias

Club: -

Number: 217

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:21

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 46 (of 96)

Rank in course/Men: 41 (of 62)

Best time in course: 35:39

Rank in category: 12(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	8:44	5:13	14	2:49	49	3:13	1.67	8:44	5:13	14	2:49	49	3:13
Lap 2	2.35	12:30	5:19	12	3:25	40	4:13	4.02	21:14	5:16	12	6:14	42	7:26
Lap 3	2.35	12:36	5:21	11	3:27	40	4:05	6.37	33:50	5:18	13	9:41	43	11:31
Lap 4	2.35	12:41	5:23	12	3:37	40	4:08	8.72	46:31	5:20	12	13:18	41	15:39
Last lap Finish	1.28	6:50	5:20	11	1:36	34	2:03	10.00	53:21	5:20	12	14:54	41	17:42