



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Rahn, Jürgen

Club: Karower Dachse

Number: 262

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:42

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 48 (of 96)

Rank in course/Men: 43 (of 62)

Best time in course: 35:39

Rank in category: 8(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	8:43	5:13	9	2:25	48	3:12	1.67	8:43	5:13	9	2:25	48	3:12
Lap 2	2.35	12:33	5:20	8	2:59	42	4:16	4.02	21:16	5:17	9	5:24	43	7:28
Lap 3	2.35	12:43	5:24	9	2:39	43	4:12	6.37	33:59	5:20	9	8:03	45	11:40
Lap 4	2.35	12:48	5:26	7	2:39	42	4:15	8.72	46:47	5:21	9	10:42	44	15:55
Last lap Finish	1.28	6:55	5:24	7	1:21	41	2:08	10.00	53:42	5:22	8	11:52	43	18:03