



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

FLEISCHER, Heimbert

Club: Kath. Laufjugend Arnstadt

Number: 207

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 53:50

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 49 (of 96)

Rank in course/Men: 44 (of 62)

Best time in course: 35:39

Rank in category: 3(of 4)

Best time in the category: 45:31

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	8:31	5:05	4	1:19	40	3:00	1.67	8:31	5:05	4	1:19	40	3:00
Lap 2	2.35	12:14	5:12	3	1:28	38	3:57	4.02	20:45	5:09	3	2:47	40	6:57
Lap 3	2.35	12:35	5:21	3	1:50	39	4:04	6.37	33:20	5:13	3	4:37	39	11:01
Lap 4	2.35	13:09	5:35	3	2:25	46	4:36	8.72	46:29	5:19	3	7:02	40	15:37
Last lap Finish	1.28	7:21	5:44	4	1:17	47	2:34	10.00	53:50	5:23	3	8:19	44	18:11