



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Tänzer, Ralph

Club: OVB Branchewinda

Number: 295

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:19

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 50 (of 96)

Rank in course/Men: 45 (of 62)

Best time in course: 35:39

Rank in category: 9(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	8:09	4:52	8	1:51	37	2:38	1.67	8:09	4:52	8	1:51	37	2:38	
Lap 2	2.35	12:34	5:20	9	3:00	43	4:17	4.02	20:43	5:09	8	4:51	39	6:55	
Lap 3	2.35	12:37	5:22	8	2:33	42	4:06	6.37	33:20	5:13	8	7:24	39	11:01	
Lap 4	2.35	13:18	5:39	9	3:09	47	4:45	8.72	46:38	5:20	8	10:33	43	15:46	
Last lap Finish	1.28	7:41	6:00	9	2:07	54	2:54	10.00	54:19	5:25	9	12:29	45	18:40	