



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 | | Pos Cat. | Behind Cat. | Total ranking | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-------------|----------------|-----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | | | Total min/km | 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 |