



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Mender, Maik

Club: Arnstadt

Number: 253

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 54:34

Speed: 11.00 km/h

Running performance: 5:28 min/km

Rank in course/Total: 51 (of 96)

Rank in course/Men: 46 (of 62)

Best time in course: 35:39

Rank in category: 13(of 15)

Best time in the category: 38:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.67	7:50	4:41	9	1:55	32	2:19	1.67	7:50	4:41	9	1:55	32	2:19
Lap 2	2.35	12:20	5:14	11	3:15	39	4:03	4.02	20:10	5:00	10	5:10	36	6:22
Lap 3	2.35	13:08	5:35	14	3:59	46	4:37	6.37	33:18	5:13	11	9:09	38	10:59
Lap 4	2.35	13:39	5:48	14	4:35	50	5:06	8.72	46:57	5:23	13	13:44	45	16:05
Last lap Finish	1.28	7:37	5:57	14	2:23	51	2:50	10.00	54:34	5:27	13	16:07	46	18:55