



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

QUEDNAU, Robin

Club: -

Number: 235

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 55:19

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 54 (of 96)

Rank in course/Men: 49 (of 62)

Best time in course: 35:39

Rank in category: 4(of 8)

Best time in the category: 45:46

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	9:00	5:23	4	1:57	54	3:29	1.67	9:00	5:23	4	1:57	54	3:29
Lap 2	2.35	13:14	5:37	4	2:35	51	4:57	4.02	22:14	5:31	4	4:32	52	8:26
Lap 3	2.35	13:21	5:40	3	2:28	49	4:50	6.37	35:35	5:35	3	7:00	51	13:16
Lap 4	2.35	12:56	5:30	4	1:54	43	4:23	8.72	48:31	5:33	4	8:54	48	17:39
Last lap Finish	1.28	6:48	5:18	2	0:39	32	2:01	10.00	55:19	5:31	4	9:33	49	19:40