



## 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

### Detailed evaluation

Schreier, Konrad

Club: SG Motor Arnstadt

Number: 263

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 56:00

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 58 (of 96)

Rank in course/Men: 50 (of 62)

Best time in course: 35:39

Rank in category: 4(of 4)

Best time in the category: 45:31

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | Total          |            | Total ranking |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Lap 1           | 1.67        | 8:09          | 4:52            | 3           | 0:57           | 37          | 2:38          | 1.67        | 8:09          | 4:52            | 3           | 0:57           | 37         | 2:38          |  |
| Lap 2           | 2.35        | 13:17         | 5:39            | 4           | 2:31           | 53          | 5:00          | 4.02        | 21:26         | 5:19            | 4           | 3:28           | 48         | 7:38          |  |
| Lap 3           | 2.35        | 13:52         | 5:54            | 4           | 3:07           | 53          | 5:21          | 6.37        | 35:18         | 5:32            | 4           | 6:35           | 49         | 12:59         |  |
| Lap 4           | 2.35        | 13:32         | 5:45            | 4           | 2:48           | 49          | 4:59          | 8.72        | 48:50         | 5:36            | 4           | 9:23           | 50         | 17:58         |  |
| Last lap Finish | 1.28        | 7:10          | 5:35            | 3           | 1:06           | 46          | 2:23          | 10.00       | 56:00         | 5:35            | 4           | 10:29          | 50         | 20:21         |  |