



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

FLEISCHER, Stephan

Club: Kath. Laufjugend Arnstadt

Number: 209

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 56:29

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 61 (of 96)

Rank in course/Men: 51 (of 62)

Best time in course: 35:39

Rank in category: 7(of 7)

Best time in the category: 35:39

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	8:41	5:11	6	3:10	45	3:10	1.67	8:41	5:11	6	3:10	45	3:10	
Lap 2	2.35	12:40	5:23	6	4:23	45	4:23	4.02	21:21	5:18	6	7:33	46	7:33	
Lap 3	2.35	13:20	5:40	6	4:49	48	4:49	6.37	34:41	5:26	6	12:22	47	12:22	
Lap 4	2.35	14:04	5:59	6	5:31	54	5:31	8.72	48:45	5:35	6	17:53	49	17:53	
Last lap Finish	1.28	7:44	6:02	6	2:57	55	2:57	10.00	56:29	5:38	7	20:50	51	20:50	