



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Beck, Andreas

Club: LSV Lok Arnstadt

Number: 303

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 56:50

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 63 (of 96)

Rank in course/Men: 52 (of 62)

Best time in course: 35:39

Rank in category: 3(of 5)

Best time in the category: 51:54

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	8:42	5:12	3	0:29	47	3:11	1.67	8:42	5:12	3	0:29	47	3:11	
Lap 2	2.35	13:09	5:35	3	1:05	48	4:52	4.02	21:51	5:26	3	1:34	49	8:03	
Lap 3	2.35	13:19	5:39	3	1:05	47	4:48	6.37	35:10	5:31	3	2:39	48	12:51	
Lap 4	2.35	13:43	5:50	3	1:24	51	5:10	8.72	48:53	5:36	3	3:56	51	18:01	
Last lap Finish	1.28	7:57	6:12	5	1:15	58	3:10	10.00	56:50	5:41	3	4:56	52	21:11	