



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

GRÜHN, Kevin

Club: TSV Motor Gispersleben

Number: 213

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 57:01

Speed: 10.52 km/h

Running performance: 5:42 min/km

Rank in course/Total: 65 (of 96)

Rank in course/Men: 53 (of 62)

Best time in course: 35:39

Rank in category: 5(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	9:15	5:32	6	2:12	56	3:44	1.67	9:15	5:32	6	2:12	56	3:44
Lap 2	2.35	13:48	5:52	6	3:09	54	5:31	4.02	23:03	5:44	6	5:21	56	9:15
Lap 3	2.35	13:41	5:49	5	2:48	52	5:10	6.37	36:44	5:45	6	8:09	54	14:25
Lap 4	2.35	13:24	5:42	5	2:22	48	4:51	8.72	50:08	5:44	5	10:31	53	19:16
Last lap Finish	1.28	6:53	5:22	5	0:44	39	2:06	10.00	57:01	5:42	5	11:15	53	21:22