



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

### FÖRTSCH, Volker

Club: -

Number: 210

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 57:18

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 67 (of 96)

Rank in course/Men: 54 (of 62)

Best time in course: 35:39

Rank in category: 4(of 5)

Best time in the category: 51:54

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	8:52	5:18	4	0:39	51	3:21	1.67	8:52	5:18	4	0:39	51	3:21	
Lap 2	2.35	13:10	5:36	4	1:06	49	4:53	4.02	22:02	5:28	4	1:45	50	8:14	
Lap 3	2.35	13:30	5:44	4	1:16	51	4:59	6.37	35:32	5:34	4	3:01	50	13:13	
Lap 4	2.35	14:02	5:58	5	1:43	53	5:29	8.72	49:34	5:41	4	4:37	52	18:42	
Last lap Finish	1.28	7:44	6:02	3	1:02	55	2:57	10.00	57:18	5:43	4	5:24	54	21:39	