



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

THURM, Christopher

Club: -

Number: 245

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 59:23

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 78 (of 96)

Rank in course/Men: 56 (of 62)

Best time in course: 35:39

Rank in category: 6(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	9:17	5:33	7	2:14	57	3:46	1.67	9:17	5:33	7	2:14	57	3:46
Lap 2	2.35	13:53	5:54	7	3:14	58	5:36	4.02	23:10	5:45	7	5:28	57	9:22
Lap 3	2.35	14:18	6:05	6	3:25	56	5:47	6.37	37:28	5:52	7	8:53	57	15:09
Lap 4	2.35	14:22	6:06	6	3:20	55	5:49	8.72	51:50	5:56	6	12:13	55	20:58
Last lap Finish	1.28	7:33	5:53	7	1:24	50	2:46	10.00	59:23	5:56	6	13:37	56	23:44