



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Braun, Christian

Club: Gotha
Number: 273

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 59:43

Speed: 10.05 km/h
Running performance: 5:58 min/km

Rank in course/Total: 83 (of 96)

Rank in course/Men: 59 (of 62)

Best time in course: 35:39

Rank in category: 7(of 7)

Best time in the category: 42:22

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	9:52	5:54	7	3:30	60	4:21	1.67	9:52	5:54	7	3:30	60	4:21
Lap 2	2.35	13:59	5:57	7	4:02	60	5:42	4.02	23:51	5:55	7	7:26	60	10:03
Lap 3	2.35	13:52	5:54	7	3:49	53	5:21	6.37	37:43	5:55	7	11:11	60	15:24
Lap 4	2.35	14:22	6:06	7	4:12	55	5:49	8.72	52:05	5:58	7	15:23	59	21:13
Last lap Finish	1.28	7:38	5:57	7	1:58	52	2:51	10.00	59:43	5:58	7	17:21	59	24:04