



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

WEIß, Alexander

Club: -

Number: 248

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 82 (of 96)

Rank in course/Men: 58 (of 62)

Best time in course: 35:39

Rank in category: 8(of 8)

Best time in the category: 45:46

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	8:57	5:21	3	1:54	52	3:26	1.67	8:57	5:21	3	1:54	52	3:26	
Lap 2	2.35	13:12	5:37	3	2:33	50	4:55	4.02	22:09	5:30	3	4:27	51	8:21	
Lap 3	2.35	14:24	6:07	8	3:31	58	5:53	6.37	36:33	5:44	5	7:58	53	14:14	
Lap 4	2.35	15:17	6:30	8	4:15	60	6:44	8.72	51:50	5:56	6	12:13	55	20:58	
Last lap Finish	1.28	7:39	5:58	8	1:30	53	2:52	10.00	59:29	5:56	8	13:43	58	23:50	