



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau

Number: 267

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M75 (75-79 Jahre)

Total time: 59:57

Speed: 10.01 km/h

Running performance: 6:00 min/km

Rank in course/Total: 84 (of 96)

Rank in course/Men: 60 (of 62)

Best time in course: 35:39

Rank in category: 1(of 1)

Best time in the category: 59:57

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	8:40	5:11	1	-	44	3:09	1.67	8:40	5:11	1	-	44	3:09	
Lap 2	2.35	13:48	5:52	1	-	54	5:31	4.02	22:28	5:35	1	-	54	8:40	
Lap 3	2.35	14:40	6:14	1	-	59	6:09	6.37	37:08	5:49	1	-	55	14:49	
Lap 4	2.35	14:47	6:17	1	-	58	6:14	8.72	51:55	5:57	1	-	57	21:03	
Last lap Finish	1.28	8:02	6:16	1	-	59	3:15	10.00	59:57	5:59	1	-	60	24:18	