



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

Müller, Christoph

Club: Arnstadt

Number: 252

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:44

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 86 (of 96)

Rank in course/Men: 61 (of 62)

Best time in course: 35:39

Rank in category: 10(of 10)

Best time in the category: 41:50

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.67	8:59	5:22	10	2:41	53	3:28	1.67	8:59	5:22	10	2:41	53	3:28
Lap 2	2.35	13:50	5:53	10	4:16	56	5:33	4.02	22:49	5:40	10	6:57	55	9:01
Lap 3	2.35	14:44	6:16	10	4:40	60	6:13	6.37	37:33	5:53	10	11:37	59	15:14
Lap 4	2.35	14:47	6:17	10	4:38	58	6:14	8.72	52:20	6:00	10	16:15	60	21:28
Last lap Finish	1.28	8:24	6:33	10	2:50	60	3:37	10.00	1:00:44	6:04	10	18:54	61	25:05