



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Kremser, Andreas

Total time: 51:30

Number: 291

Speed: 11.65 km/h

Running performance: 5:09 min/km

Course: 10.00 km

Rank in course/Total: 40 (of 96)

n3 10-km-Lauf

Rank in course/Men: 37 (of 62)

Category:

Best time in course: 35:39

Senioren M45 (45-49 Jahre)

Rank in category: 6(of 10)

Best time in the category: 41:50

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	8:05	4:50	7	1:47	35	2:34	1.67	8:05	4:50	7	1:47	35	2:34	
Lap 2	2.35	11:40	4:57	6	2:06	31	3:23	4.02	19:45	4:54	6	3:53	32	5:57	
Lap 3	2.35	12:03	5:07	6	1:59	29	3:32	6.37	31:48	4:59	6	5:52	32	9:29	
Lap 4	2.35	12:40	5:23	6	2:31	39	4:07	8.72	44:28	5:05	6	8:23	33	13:36	
Last lap Finish	1.28	7:02	5:29	8	1:28	43	2:15	10.00	51:30	5:09	6	9:40	37	15:51	