



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Müller, Michael

Club: SV Glückauf Sondershausen

Number: 292

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 35:39

Speed: 16.83 km/h

Running performance: 3:34 min/km

Rank in course/Total: 1 (of 96)

Rank in course/Men: 1 (of 62)

Best time in course: 35:39

Rank in category: 1(of 7)

Best time in the category: 35:39

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	5:31	3:18	1	-	1	-	1.67	5:31	3:18	1	-	1	-
Lap 2	2.35	8:17	3:31	1	-	1	-	4.02	13:48	3:25	1	-	1	-
Lap 3	2.35	8:31	3:37	1	-	1	-	6.37	22:19	3:30	1	-	1	-
Lap 4	2.35	8:33	3:38	1	-	1	-	8.72	30:52	3:32	1	-	1	-
Last lap Finish	1.28	4:47	3:44	1	-	1	-	10.00	35:39	3:33	1	-	1	-