



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

SCHWARZ, Wolfgang

Club: Die flinken Gerataler/WSV Ilmenau 1908
Number: 243

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 38:04

Speed: 15.76 km/h

Running performance: 3:49 min/km

Rank in course/Total: 2 (of 96)

Rank in course/Men: 2 (of 62)

Best time in course: 35:39

Rank in category: 2(of 7)

Best time in the category: 35:39

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	5:54	3:31	2	0:23	2	0:23	1.67	5:54	3:31	2	0:23	2	0:23
Lap 2	2.35	9:05	3:51	2	0:48	2	0:48	4.02	14:59	3:43	2	1:11	2	1:11
Lap 3	2.35	9:09	3:53	2	0:38	2	0:38	6.37	24:08	3:47	2	1:49	2	1:49
Lap 4	2.35	9:00	3:49	2	0:27	2	0:27	8.72	33:08	3:47	2	2:16	2	2:16
Last lap Finish	1.28	4:56	3:51	2	0:09	2	0:09	10.00	38:04	3:48	2	2:25	2	2:25