



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

FREITAG, Roman

Club: Kath. Laufjugend Arnstadt
Number: 211

Course: 10.00 km
n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 38:27

Speed: 15.60 km/h

Running performance: 3:50 min/km

Rank in course/Total: 3 (of 96)

Rank in course/Men: 3 (of 62)

Best time in course: 35:39

Rank in category: 1(of 15)

Best time in the category: 38:27

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 | 5:55 | 3:32 | 1 | - | 3 | 0:24 | 1.67 | 5:55 | 3:32 | 1 | - | 3 | 0:24 |
| Lap 2 | 2.35 | 9:05 | 3:51 | 1 | - | 2 | 0:48 | 4.02 | 15:00 | 3:43 | 1 | - | 3 | 1:12 |
| Lap 3 | 2.35 | 9:09 | 3:53 | 1 | - | 2 | 0:38 | 6.37 | 24:09 | 3:47 | 1 | - | 3 | 1:50 |
| Lap 4 | 2.35 | 9:04 | 3:51 | 1 | - | 3 | 0:31 | 8.72 | 33:13 | 3:48 | 1 | - | 3 | 2:21 |
| Last lap Finish | 1.28 | 5:14 | 4:05 | 1 | - | 3 | 0:27 | 10.00 | 38:27 | 3:50 | 1 | - | 3 | 2:48 |