



# 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