



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Knoll, Martin

Club: LG Bad Frankenh Göllingen

Number: 271

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 39:32

Speed: 15.18 km/h

Running performance: 3:57 min/km

Rank in course/Total: 4 (of 96)

Rank in course/Men: 4 (of 62)

Best time in course: 35:39

Rank in category: 2(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		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:04	3:37	2	0:09	4	0:33	1.67	6:04	3:37	2	0:09	4	0:33
Lap 2	2.35	9:07	3:52	2	0:02	4	0:50	4.02	15:11	3:46	2	0:11	4	1:23
Lap 3	2.35	9:22	3:59	2	0:13	4	0:51	6.37	24:33	3:51	2	0:24	4	2:14
Lap 4	2.35	9:36	4:05	2	0:32	4	1:03	8.72	34:09	3:54	2	0:56	4	3:17
Last lap Finish	1.28	5:23	4:12	2	0:09	4	0:36	10.00	39:32	3:57	2	1:05	4	3:53