



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Wagner, Jan

Club: SSV Erfurt Nord

Number: 285

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:15

Speed: 14.91 km/h

Running performance: 4:02 min/km

Rank in course/Total: 7 (of 96)

Rank in course/Men: 6 (of 62)

Best time in course: 35:39

Rank in category: 4(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		Total		Total		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	6:04	3:37	3	0:33	4	0:33	1.67	6:04	3:37	3	0:33	4	0:33	
Lap 2	2.35	9:14	3:55	3	0:57	5	0:57	4.02	15:18	3:48	3	1:30	5	1:30	
Lap 3	2.35	9:37	4:05	3	1:06	5	1:06	6.37	24:55	3:54	3	2:36	5	2:36	
Lap 4	2.35	9:49	4:10	3	1:16	5	1:16	8.72	34:44	3:58	3	3:52	5	3:52	
Last lap Finish	1.28	5:31	4:18	3	0:44	5	0:44	10.00	40:15	4:01	4	4:36	6	4:36	