



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

**HAAK, Jörg**

Club: -

Number: 215

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 40:58

Speed: 14.65 km/h

Running performance: 4:06 min/km

Rank in course/Total: 8 (of 96)

Rank in course/Men: 7 (of 62)

Best time in course: 35:39

Rank in category: 1(of 3)

Best time in the category: 40:58

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.67        | 6:24          | 3:49            | 1           | -              | 8           | 0:53          | 1.67          | 6:24          | 3:49            | 1           | -              | 8          | 0:53          |
| Lap 2           | 2.35        | 9:23          | 3:59            | 1           | -              | 6           | 1:06          | 4.02          | 15:47         | 3:55            | 1           | -              | 6          | 1:59          |
| Lap 3           | 2.35        | 9:44          | 4:08            | 1           | -              | 6           | 1:13          | 6.37          | 25:31         | 4:00            | 1           | -              | 6          | 3:12          |
| Lap 4           | 2.35        | 9:52          | 4:11            | 1           | -              | 6           | 1:19          | 8.72          | 35:23         | 4:03            | 1           | -              | 6          | 4:31          |
| Last lap Finish | 1.28        | 5:35          | 4:21            | 1           | -              | 7           | 0:48          | 10.00         | 40:58         | 4:05            | 1           | -              | 7          | 5:19          |