



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 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	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