



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Mehr, Ralf

Club: X-Runners Jena

Number: 266

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 41:50

Speed: 14.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 9 (of 96)

Rank in course/Men: 8 (of 62)

Best time in course: 35:39

Rank in category: 1(of 10)

Best time in the category: 41:50

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	6:18	3:46	1	-	6	0:47	1.67	6:18	3:46	1	-	6	0:47
Lap 2	2.35	9:34	4:04	1	-	7	1:17	4.02	15:52	3:56	1	-	7	2:04
Lap 3	2.35	10:04	4:17	1	-	8	1:33	6.37	25:56	4:04	1	-	7	3:37
Lap 4	2.35	10:09	4:19	1	-	7	1:36	8.72	36:05	4:08	1	-	7	5:13
Last lap Finish	1.28	5:45	4:29	4	0:11	13	0:58	10.00	41:50	4:11	1	-	8	6:11