



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

HERRMANN, Maik

Club: sc impuls erfurt

Number: 220

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 42:22

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 10 (of 96)

Rank in course/Men: 9 (of 62)

Best time in course: 35:39

Rank in category: 1(of 7)

Best time in the category: 42:22

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	6:27	3:51	2	0:05	9	0:56	1.67	6:27	3:51	2	0:05	9	0:56
Lap 2	2.35	9:58	4:14	2	0:01	10	1:41	4.02	16:25	4:05	1	-	9	2:37
Lap 3	2.35	10:07	4:18	2	0:04	9	1:36	6.37	26:32	4:09	1	-	8	4:13
Lap 4	2.35	10:10	4:19	1	-	8	1:37	8.72	36:42	4:12	1	-	8	5:50
Last lap Finish	1.28	5:40	4:25	1	-	8	0:53	10.00	42:22	4:14	1	-	9	6:43