



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | Total          |            | 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        | 6:27          | 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          |  |