



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Höhne, Andreas

Club: SV Thuringia Königsee

Number: 297

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:48

Speed: 14.02 km/h

Running performance: 4:17 min/km

Rank in course/Total: 11 (of 96)

Rank in course/Men: 10 (of 62)

Best time in course: 35:39

Rank in category: 2(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	6:34	3:55	3	0:16	12	1:03	1.67	6:34	3:55	3	0:16	12	1:03
Lap 2	2.35	9:50	4:11	2	0:16	8	1:33	4.02	16:24	4:04	2	0:32	8	2:36
Lap 3	2.35	10:21	4:24	4	0:17	12	1:50	6.37	26:45	4:11	2	0:49	9	4:26
Lap 4	2.35	10:29	4:27	2	0:20	11	1:56	8.72	37:14	4:16	2	1:09	10	6:22
Last lap Finish	1.28	5:34	4:20	1	-	6	0:47	10.00	42:48	4:16	2	0:58	10	7:09