



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Schnauß, Markus

Club: Kath. Laufjugend Arnstadt

Number: 251

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 42:58

Speed: 13.96 km/h

Running performance: 4:18 min/km

Rank in course/Total: 12 (of 96)

Rank in course/Men: 11 (of 62)

Best time in course: 35:39

Rank in category: 2(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		Total		Total		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	6:50	4:05	3	0:28	16	1:19	1.67	6:50	4:05	3	0:28	16	1:19	
Lap 2	2.35	9:57	4:14	1	-	9	1:40	4.02	16:47	4:10	3	0:22	14	2:59	
Lap 3	2.35	10:03	4:16	1	-	7	1:32	6.37	26:50	4:12	2	0:18	11	4:31	
Lap 4	2.35	10:18	4:22	2	0:08	9	1:45	8.72	37:08	4:15	2	0:26	9	6:16	
Last lap Finish	1.28	5:50	4:33	3	0:10	14	1:03	10.00	42:58	4:17	2	0:36	11	7:19	