



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

HOFMANN, Mario

Club: Die flinken Gerataler / TSV 1880 Elgersburg
Number: 222

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:04

Speed: 13.93 km/h
Running performance: 4:19 min/km

Rank in course/Total: 13 (of 96)

Rank in course/Men: 12 (of 62)

Best time in course: 35:39

Rank in category: 3(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	6:33	3:55	2	0:15	11	1:02	1.67	6:33	3:55	2	0:15	11	1:02
Lap 2	2.35	10:00	4:15	3	0:26	12	1:43	4.02	16:33	4:07	3	0:41	10	2:45
Lap 3	2.35	10:16	4:22	3	0:12	11	1:45	6.37	26:49	4:12	3	0:53	10	4:30
Lap 4	2.35	10:31	4:28	3	0:22	13	1:58	8.72	37:20	4:16	3	1:15	11	6:28
Last lap Finish	1.28	5:44	4:28	3	0:10	12	0:57	10.00	43:04	4:18	3	1:14	12	7:25