



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Hofmann, Sascha

Club: SV Empor

Number: 279

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:16

Speed: 13.87 km/h

Running performance: 4:20 min/km

Rank in course/Total: 15 (of 96)

Rank in course/Men: 14 (of 62)

Best time in course: 35:39

Rank in category: 3(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	6:22	3:48	1	-	7	0:51	1.67	6:22	3:48	1	-	7	0:51
Lap 2	2.35	10:12	4:20	3	0:15	15	1:55	4.02	16:34	4:07	2	0:09	11	2:46
Lap 3	2.35	10:30	4:28	3	0:27	15	1:59	6.37	27:04	4:14	3	0:32	13	4:45
Lap 4	2.35	10:30	4:28	3	0:20	12	1:57	8.72	37:34	4:18	3	0:52	14	6:42
Last lap Finish	1.28	5:42	4:27	2	0:02	10	0:55	10.00	43:16	4:19	3	0:54	14	7:37