



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

VON ENDE, Holger

Club: SV Thuringia Königsee

Number: 246

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:13

Speed: 13.88 km/h

Running performance: 4:19 min/km

Rank in course/Total: 14 (of 96)

Rank in course/Men: 13 (of 62)

Best time in course: 35:39

Rank in category: 5(of 7)

Best time in the category: 35:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	6:36	3:57	4	1:05	13	1:05	1.67	6:36	3:57	4	1:05	13	1:05
Lap 2	2.35	9:58	4:14	4	1:41	10	1:41	4.02	16:34	4:07	4	2:46	11	2:46
Lap 3	2.35	10:28	4:27	4	1:57	14	1:57	6.37	27:02	4:14	4	4:43	12	4:43
Lap 4	2.35	10:31	4:28	4	1:58	13	1:58	8.72	37:33	4:18	4	6:41	13	6:41
Last lap Finish	1.28	5:40	4:25	4	0:53	8	0:53	10.00	43:13	4:19	5	7:34	13	7:34