



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886 Geschwenda

Number: 288

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:59

Speed: 13.64 km/h

Running performance: 4:24 min/km

Rank in course/Total: 16 (of 96)

Rank in course/Men: 15 (of 62)

Best time in course: 35:39

Rank in category: 4(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		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	7:11	4:18	5	0:53	21	1:40	1.67	7:11	4:18	5	0:53	21	1:40	
Lap 2	2.35	10:21	4:24	4	0:47	16	2:04	4.02	17:32	4:21	4	1:40	17	3:44	
Lap 3	2.35	10:12	4:20	2	0:08	10	1:41	6.37	27:44	4:21	4	1:48	16	5:25	
Lap 4	2.35	10:33	4:29	4	0:24	15	2:00	8.72	38:17	4:23	4	2:12	16	7:25	
Last lap Finish	1.28	5:42	4:27	2	0:08	10	0:55	10.00	43:59	4:23	4	2:09	15	8:20	