



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Lafon, Guillaume

Club: LTV Erfurt
Number: 72

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 39:52

Speed: 15.05 km/h
Running performance: 3:59 min/km

Rank in course/Total: 5 (of 72)

Rank in course/Men: 5 (of 57)

Best time in course: 36:38

Rank in category: 2(of 14)

Best time in the category: 37:12

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:15	3:44	2	0:26	5	0:27	1.67	6:15	3:44	2	0:26	5	0:27
Lap 2	2.35	9:16	3:56	2	0:36	5	0:41	4.02	15:31	3:51	2	1:02	4	1:08
Lap 3	2.35	9:17	3:57	2	0:23	5	0:36	6.37	24:48	3:53	2	1:25	5	1:44
Lap 4	2.35	9:25	4:00	2	0:23	5	0:44	8.72	34:13	3:55	2	1:48	5	2:28
Last lap Finish	1.28	5:39	4:24	2	0:52	6	0:53	10.00	39:52	3:59	2	2:40	5	3:14