



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hlavaty, Oliver

Club: N3 Sportverein e.V.
Number: 18

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 42:44

Speed: 14.04 km/h
Running performance: 4:16 min/km

Rank in course/Total: 8 (of 72)

Rank in course/Men: 8 (of 57)

Best time in course: 36:38

Rank in category: 3(of 14)

Best time in the category: 37:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	1.67	6:21	3:48	3	8	0:32	0:33	1.67	6:21	3:48	3	8	0:32	0:33
Lap 2	2.35	10:00	4:15	3	8	1:20	1:25	4.02	16:21	4:04	3	8	1:52	1:58
Lap 3	2.35	10:13	4:20	3	8	1:19	1:32	6.37	26:34	4:10	3	8	3:11	3:30
Lap 4	2.35	10:28	4:27	3	8	1:26	1:47	8.72	37:02	4:14	3	8	4:37	5:17
Last lap Finish	1.28	5:42	4:27	4	10	0:55	0:56	10.00	42:44	4:16	3	8	5:32	6:06