



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Reif, Bernd

Club: Laufcombo Reif
Number: 34

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 43:31

Speed: 13.79 km/h
Running performance: 4:21 min/km

Rank in course/Total: 10 (of 72)

Rank in course/Men: 9 (of 57)

Best time in course: 36:38

Rank in category: 1(of 6)

Best time in the category: 43:31

Intermediate times				Stage score				Total ranking						
Control	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	6:36	3:57	1	-	9	0:48	1.67	6:36	3:57	1	-	9	0:48
Lap 2	2.35	10:01	4:15	1	-	9	1:26	4.02	16:37	4:08	1	-	9	2:14
Lap 3	2.35	10:18	4:22	1	-	9	1:37	6.37	26:55	4:13	1	-	9	3:51
Lap 4	2.35	10:39	4:31	2	0:02	10	1:58	8.72	37:34	4:18	1	-	9	5:49
Last lap Finish	1.28	5:57	4:38	3	0:09	17	1:11	10.00	43:31	4:21	1	-	9	6:53