



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Semenov, Ivan

Club: SV TU Ilmenau

Number: 75

Course: 10.00 km

n3 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 43:39

Speed: 13.75 km/h

Running performance: 4:22 min/km

Rank in course/Total: 11 (of 72)

Rank in course/Men: 10 (of 57)

Best time in course: 36:38

Rank in category: 2(of 4)

Best time in the category: 41:10

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	6:51	4:06	2	0:47	13	1:03	1.67	6:51	4:06	2	0:47	13	1:03	
Lap 2	2.35	10:12	4:20	2	0:44	10	1:37	4.02	17:03	4:14	2	1:31	11	2:40	
Lap 3	2.35	10:26	4:26	2	0:40	12	1:45	6.37	27:29	4:18	2	2:11	10	4:25	
Lap 4	2.35	10:43	4:33	2	0:34	15	2:02	8.72	38:12	4:22	2	2:45	10	6:27	
Last lap Finish	1.28	5:27	4:15	1	-	5	0:41	10.00	43:39	4:21	2	2:29	10	7:01	