



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Spaleck, Tom

Club: VfB Torpedo Ichttershausen

Number: 38

Course: 10.00 km

n3 10-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 44:10

Speed: 13.58 km/h

Running performance: 4:25 min/km

Rank in course/Total: 13 (of 72)

Rank in course/Men: 12 (of 57)

Best time in course: 36:38

Rank in category: 1(of 2)

Best time in the category: 44:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	6:50	4:05	1	-	12	1:02	1.67	6:50	4:05	1	-	12	1:02
Lap 2	2.35	10:19	4:23	1	-	12	1:44	4.02	17:09	4:15	1	-	12	2:46
Lap 3	2.35	10:22	4:24	1	-	10	1:41	6.37	27:31	4:19	1	-	11	4:27
Lap 4	2.35	10:42	4:33	1	-	13	2:01	8.72	38:13	4:22	1	-	12	6:28
Last lap Finish	1.28	5:57	4:38	1	-	17	1:11	10.00	44:10	4:24	1	-	12	7:32