



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Spaleck, Tom

Club: VfB Torpedo Ichtershausen

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 |