



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Wächter, Hartmut

Club: SG Motor Arnstadt

Number: 74

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 44:22

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 14 (of 72)

Rank in course/Men: 13 (of 57)

Best time in course: 36:38

Rank in category: 1(of 1)

Best time in the category: 44:22

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	6:51	4:06	1	-	13	1:03	1.67	6:51	4:06	1	-	13	1:03
Lap 2	2.35	10:19	4:23	1	-	12	1:44	4.02	17:10	4:16	1	-	13	2:47
Lap 3	2.35	10:24	4:25	1	-	11	1:43	6.37	27:34	4:19	1	-	12	4:30
Lap 4	2.35	10:42	4:33	1	-	13	2:01	8.72	38:16	4:23	1	-	13	6:31
Last lap Finish	1.28	6:06	4:45	1	-	21	1:20	10.00	44:22	4:26	1	-	13	7:44