



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Becker, Markus

Club: GM Rennsteiglaufverein

Number: 60

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:04

Speed: 13.62 km/h

Running performance: 4:25 min/km

Rank in course/Total: 12 (of 72)

Rank in course/Men: 11 (of 57)

Best time in course: 36:38

Rank in category: 2(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.	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	6:41	4:00	2	0:05	10	0:53	1.67	6:41	4:00	2	0:05	10	0:53
Lap 2	2.35	10:14	4:21	2	0:13	11	1:39	4.02	16:55	4:12	2	0:18	10	2:32
Lap 3	2.35	10:40	4:32	3	0:22	17	1:59	6.37	27:35	4:19	2	0:40	13	4:31
Lap 4	2.35	10:37	4:31	1	-	9	1:56	8.72	38:12	4:22	2	0:38	10	6:27
Last lap Finish	1.28	5:52	4:34	2	0:04	14	1:06	10.00	44:04	4:24	2	0:33	11	7:26