



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Brück, Tom

Club: Running Gag

Number: 52

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 44:30

Speed: 13.48 km/h

Running performance: 4:27 min/km

Rank in course/Total: 15 (of 72)

Rank in course/Men: 14 (of 57)

Best time in course: 36:38

Rank in category: 3(of 8)

Best time in the category: 37:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.			
Lap 1	1.67	7:05	4:14	4	1:02	24	1:17	1.67	7:05	4:14	4	1:02	24	1:17	
Lap 2	2.35	10:31	4:28	3	1:43	15	1:56	4.02	17:36	4:22	3	2:45	17	3:13	
Lap 3	2.35	10:33	4:29	3	1:30	14	1:52	6.37	28:09	4:25	3	4:15	15	5:05	
Lap 4	2.35	10:40	4:32	3	1:46	11	1:59	8.72	38:49	4:27	3	6:01	14	7:04	
Last lap Finish	1.28	5:41	4:26	3	0:55	8	0:55	10.00	44:30	4:27	3	6:56	14	7:52	