



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Wagner, Philipp

Club: Arnstadt

Number: 44

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 44:30

Speed: 13.48 km/h

Running performance: 4:27 min/km

Rank in course/Total: 16 (of 72)

Rank in course/Men: 14 (of 57)

Best time in course: 36:38

Rank in category: 4(of 14)

Best time in the category: 37:12

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	7:05	4:14	5	1:16	24	1:17	1.67	7:05	4:14	5	1:16	24	1:17	
Lap 2	2.35	10:36	4:30	4	1:56	18	2:01	4.02	17:41	4:23	5	3:12	20	3:18	
Lap 3	2.35	10:28	4:27	4	1:34	13	1:47	6.37	28:09	4:25	4	4:46	15	5:05	
Lap 4	2.35	10:40	4:32	4	1:38	11	1:59	8.72	38:49	4:27	4	6:24	14	7:04	
Last lap Finish	1.28	5:41	4:26	3	0:54	8	0:55	10.00	44:30	4:27	4	7:18	14	7:52	