



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hofmann, Mario

Club: Die flinken Gerataler/TSV 1880 Elgersburg
Number: 71

Course: 10.00 km
n3 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:48

Speed: 13.39 km/h

Running performance: 4:29 min/km

Rank in course/Total: 18 (of 72)

Rank in course/Men: 17 (of 57)

Best time in course: 36:38

Rank in category: 3(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		Total		Total		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	6:54	4:07	3	0:18	16	1:06	1.67	6:54	4:07	3	0:18	16	1:06	
Lap 2	2.35	10:42	4:33	3	0:41	20	2:07	4.02	17:36	4:22	3	0:59	17	3:13	
Lap 3	2.35	10:35	4:30	2	0:17	15	1:54	6.37	28:11	4:25	3	1:16	17	5:07	
Lap 4	2.35	10:49	4:36	3	0:12	17	2:08	8.72	39:00	4:28	3	1:26	16	7:15	
Last lap Finish	1.28	5:48	4:31	1	-	13	1:02	10.00	44:48	4:28	3	1:17	17	8:10	