



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Prinz, Bernhard

Club: Laufsport Holleben

Number: 69

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:53

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 19 (of 72)

Rank in course/Men: 18 (of 57)

Best time in course: 36:38

Rank in category: 2(of 6)

Best time in the category: 41:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:48	4:04	2	0:32	11	1:00	1.67	6:48	4:04	2	0:32	11	1:00
Lap 2	2.35	10:31	4:28	2	0:56	15	1:56	4.02	17:19	4:18	2	1:28	15	2:56
Lap 3	2.35	10:48	4:35	2	0:50	19	2:07	6.37	28:07	4:24	2	2:18	14	5:03
Lap 4	2.35	10:53	4:37	2	0:52	19	2:12	8.72	39:00	4:28	2	3:10	16	7:15
Last lap Finish	1.28	5:53	4:35	2	0:14	15	1:07	10.00	44:53	4:29	2	3:24	18	8:15