



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Grossmann, Florian

Club: Langewiesen

Number: 62

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 44:45

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 17 (of 72)

Rank in course/Men: 16 (of 57)

Best time in course: 36:38

Rank in category: 5(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		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	4	1:05	16	1:06	1.67	6:54	4:07	4	1:05	16	1:06	
Lap 2	2.35	10:42	4:33	5	2:02	20	2:07	4.02	17:36	4:22	4	3:07	17	3:13	
Lap 3	2.35	10:35	4:30	5	1:41	15	1:54	6.37	28:11	4:25	5	4:48	17	5:07	
Lap 4	2.35	10:49	4:36	5	1:47	17	2:08	8.72	39:00	4:28	5	6:35	16	7:15	
Last lap Finish	1.28	5:45	4:29	5	0:58	12	0:59	10.00	44:45	4:28	5	7:33	16	8:07	