



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Ritter, Siegfried

Club: Arnstadt

Number: 35

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 45:27

Speed: 13.20 km/h

Running performance: 4:32 min/km

Rank in course/Total: 20 (of 72)

Rank in course/Men: 19 (of 57)

Best time in course: 36:38

Rank in category: 1(of 3)

Best time in the category: 45:27

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	7:18	4:22	2	0:15	29	1:30	1.67	7:18	4:22	2	0:15	29	1:30
Lap 2	2.35	10:46	4:34	2	0:08	23	2:11	4.02	18:04	4:29	2	0:23	26	3:41
Lap 3	2.35	10:45	4:34	1	-	18	2:04	6.37	28:49	4:31	2	0:14	23	5:45
Lap 4	2.35	10:44	4:34	1	-	16	2:03	8.72	39:33	4:32	1	-	19	7:48
Last lap Finish	1.28	5:54	4:36	1	-	16	1:08	10.00	45:27	4:32	1	-	19	8:49