



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmenau

Number: 24

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 45:38

Speed: 13.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 21 (of 72)

Rank in course/Men: 20 (of 57)

Best time in course: 36:38

Rank in category: 1(of 6)

Best time in the category: 45:38

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	7:04	4:13	1	-	22	1:16	1.67	7:04	4:13	1	-	22	1:16
Lap 2	2.35	10:46	4:34	1	-	23	2:11	4.02	17:50	4:26	1	-	23	3:27
Lap 3	2.35	10:53	4:37	1	-	20	2:12	6.37	28:43	4:30	1	-	22	5:39
Lap 4	2.35	10:57	4:39	1	-	20	2:16	8.72	39:40	4:32	1	-	20	7:55
Last lap Finish	1.28	5:58	4:39	1	-	19	1:12	10.00	45:38	4:33	1	-	20	9:00