



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Mölders, Martin

Club: Liberales Laufteam

Number: 65

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 45:42

Speed: 13.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 22 (of 72)

Rank in course/Men: 21 (of 57)

Best time in course: 36:38

Rank in category: 2(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	7:03	4:13	1	-	20	1:15	1.67	7:03	4:13	1	-	20	1:15
Lap 2	2.35	10:38	4:31	1	-	19	2:03	4.02	17:41	4:23	1	-	20	3:18
Lap 3	2.35	10:54	4:38	2	0:09	21	2:13	6.37	28:35	4:29	1	-	19	5:31
Lap 4	2.35	11:05	4:42	2	0:21	21	2:24	8.72	39:40	4:32	2	0:07	20	7:55
Last lap Finish	1.28	6:02	4:42	2	0:08	20	1:16	10.00	45:42	4:34	2	0:15	21	9:04