



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 78

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:39

Speed: 12.86 km/h
Running performance: 4:40 min/km

Rank in course/Total: 23 (of 72)

Rank in course/Men: 22 (of 57)

Best time in course: 36:38

Rank in category: 4(of 6)

Best time in the category: 43:31

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	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	4	0:27	20	1:15	1.67	7:03	4:13	4	0:27	20	1:15
Lap 2	2.35	10:52	4:37	4	0:51	26	2:17	4.02	17:55	4:27	4	1:18	24	3:32
Lap 3	2.35	11:11	4:45	4	0:53	23	2:30	6.37	29:06	4:34	4	2:11	25	6:02
Lap 4	2.35	11:15	4:47	4	0:38	22	2:34	8.72	40:21	4:37	4	2:47	22	8:36
Last lap Finish	1.28	6:18	4:55	4	0:30	25	1:32	10.00	46:39	4:39	4	3:08	22	10:01