



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886 Geschwenda

Number: 12

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:42

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 24 (of 72)

Rank in course/Men: 23 (of 57)

Best time in course: 36:38

Rank in category: 2(of 5)

Best time in the category: 36:38

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	6:51	4:06	2	1:03	13	1:03	1.67	6:51	4:06	2	1:03	13	1:03	
Lap 2	2.35	10:35	4:30	2	2:00	17	2:00	4.02	17:26	4:20	2	3:03	16	3:03	
Lap 3	2.35	11:16	4:47	2	2:35	26	2:35	6.37	28:42	4:30	2	5:38	21	5:38	
Lap 4	2.35	11:42	4:58	2	3:01	26	3:01	8.72	40:24	4:37	2	8:39	23	8:39	
Last lap Finish	1.28	6:18	4:55	3	1:25	25	1:32	10.00	46:42	4:40	2	10:04	23	10:04	