



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Petermann, Sebastian

Club: Physiotherapie Praxis Schmidt
Number: 32

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:01

Speed: 12.76 km/h
Running performance: 4:42 min/km

Rank in course/Total: 26 (of 72)

Rank in course/Men: 24 (of 57)

Best time in course: 36:38

Rank in category: 4(of 8)

Best time in the category: 37:34

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	7:11	4:18	6	1:08	28	1:23	1.67	7:11	4:18	6	1:08	28	1:23	
Lap 2	2.35	11:05	4:42	5	2:17	29	2:30	4.02	18:16	4:32	6	3:25	30	3:53	
Lap 3	2.35	11:08	4:44	4	2:05	22	2:27	6.37	29:24	4:36	5	5:30	27	6:20	
Lap 4	2.35	11:17	4:48	4	2:23	23	2:36	8.72	40:41	4:39	5	7:53	25	8:56	
Last lap Finish	1.28	6:20	4:56	5	1:34	28	1:34	10.00	47:01	4:42	4	9:27	24	10:23	