



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Esche, Sebastian

Club: Physiotherapie Praxis Schmidt
Number: 7

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:03

Speed: 12.75 km/h
Running performance: 4:42 min/km

Rank in course/Total: 27 (of 72)

Rank in course/Men: 25 (of 57)

Best time in course: 36:38

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:09	4:16	5	1:06	27	1:21	1.67	7:09	4:16	5	1:06	27	1:21
Lap 2	2.35	10:47	4:35	4	1:59	25	2:12	4.02	17:56	4:27	4	3:05	25	3:33
Lap 3	2.35	11:11	4:45	5	2:08	23	2:30	6.37	29:07	4:34	4	5:13	26	6:03
Lap 4	2.35	11:28	4:52	5	2:34	24	2:47	8.72	40:35	4:39	4	7:47	24	8:50
Last lap Finish	1.28	6:28	5:03	7	1:42	33	1:42	10.00	47:03	4:42	5	9:29	25	10:25