



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Stonek, Christian

Club: Liberales Laufteam

Number: 40

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 47:23

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 28 (of 72)

Rank in course/Men: 26 (of 57)

Best time in course: 36:38

Rank in category: 3(of 6)

Best time in the category: 41:29

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	7:06	4:15	3	0:50	26	1:18	1.67	7:06	4:15	3	0:50	26	1:18	
Lap 2	2.35	10:43	4:33	3	1:08	22	2:08	4.02	17:49	4:25	3	1:58	22	3:26	
Lap 3	2.35	11:11	4:45	3	1:13	23	2:30	6.37	29:00	4:33	3	3:11	24	5:56	
Lap 4	2.35	11:46	5:00	3	1:45	28	3:05	8.72	40:46	4:40	3	4:56	26	9:01	
Last lap Finish	1.28	6:37	5:10	4	0:58	35	1:51	10.00	47:23	4:44	3	5:54	26	10:45	