



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Stöhr, Markus

Club: Arnstadt
Number: 67

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:29

Speed: 12.38 km/h
Running performance: 4:51 min/km

Rank in course/Total: 31 (of 72)

Rank in course/Men: 29 (of 57)

Best time in course: 36:38

Rank in category: 6(of 14)

Best time in the category: 37:12

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	7:18	4:22	6	1:29	29	1:30	1.67	7:18	4:22	6	1:29	29	1:30
Lap 2	2.35	10:55	4:38	6	2:15	27	2:20	4.02	18:13	4:31	6	3:44	28	3:50
Lap 3	2.35	11:41	4:58	8	2:47	31	3:00	6.37	29:54	4:41	6	6:31	29	6:50
Lap 4	2.35	11:53	5:03	8	2:51	31	3:12	8.72	41:47	4:47	6	9:22	29	10:02
Last lap Finish	1.28	6:42	5:14	10	1:55	38	1:56	10.00	48:29	4:50	6	11:17	29	11:51