



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Lüdecke, Andy

Club: N3 Sportverein e.V.

Number: 25

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 48:37

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 33 (of 72)

Rank in course/Men: 30 (of 57)

Best time in course: 36:38

Rank in category: 6(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
Lap 1	1.67	6:56	4:09	3	0:53	19	1:08	1.67	6:56	4:09	3	0:53	19	1:08
Lap 2	2.35	11:15	4:47	6	2:27	31	2:40	4.02	18:11	4:31	5	3:20	27	3:48
Lap 3	2.35	12:09	5:10	7	3:06	38	3:28	6.37	30:20	4:45	6	6:26	31	7:16
Lap 4	2.35	11:56	5:04	6	3:02	32	3:15	8.72	42:16	4:50	6	9:28	30	10:31
Last lap Finish	1.28	6:21	4:57	6	1:35	29	1:35	10.00	48:37	4:51	6	11:03	30	11:59