



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Mender, Maik

Club: Arnstadt

Number: 28

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:42

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 34 (of 72)

Rank in course/Men: 31 (of 57)

Best time in course: 36:38

Rank in category: 7(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	7:24	4:25	7	1:35	34	1:36	1.67	7:24	4:25	7	1:35	34	1:36	
Lap 2	2.35	11:27	4:52	8	2:47	34	2:52	4.02	18:51	4:41	8	4:22	34	4:28	
Lap 3	2.35	11:38	4:57	6	2:44	29	2:57	6.37	30:29	4:47	8	7:06	33	7:25	
Lap 4	2.35	11:52	5:02	7	2:50	30	3:11	8.72	42:21	4:51	7	9:56	32	10:36	
Last lap Finish	1.28	6:21	4:57	7	1:34	29	1:35	10.00	48:42	4:52	7	11:30	31	12:04	