



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

**Seever, Thorsten**

Club: SG Motor Arnstadt

Number: 37

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:49

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 36 (of 72)

Rank in course/Men: 33 (of 57)

Best time in course: 36:38

Rank in category: 3(of 5)

Best time in the category: 36:38

### 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.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Lap 1	1.67	7:19	4:22	3	1:31	31	1:31	1.67	7:19	4:22	3	1:31	31	1:31
Lap 2	2.35	11:30	4:53	3	2:55	35	2:55	4.02	18:49	4:40	3	4:26	33	4:26
Lap 3	2.35	11:53	5:03	3	3:12	34	3:12	6.37	30:42	4:49	3	7:38	34	7:38
Lap 4	2.35	11:51	5:02	3	3:10	29	3:10	8.72	42:33	4:52	3	10:48	34	10:48
Last lap Finish	1.28	6:16	4:53	2	1:23	23	1:30	10.00	48:49	4:52	3	12:11	33	12:11