



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Mähr, Andreas

Club: Arnstadt

Number: 66

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 49:26

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 39 (of 72)

Rank in course/Men: 36 (of 57)

Best time in course: 36:38

Rank in category: 2(of 6)

Best time in the category: 45:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	7:32	4:30	2	0:28	37	1:44	1.67	7:32	4:30	2	0:28	37	1:44
Lap 2	2.35	11:26	4:51	2	0:40	33	2:51	4.02	18:58	4:43	2	1:08	35	4:35
Lap 3	2.35	11:47	5:00	2	0:54	33	3:06	6.37	30:45	4:49	2	2:02	35	7:41
Lap 4	2.35	12:03	5:07	2	1:06	35	3:22	8.72	42:48	4:54	2	3:08	35	11:03
Last lap Finish	1.28	6:38	5:10	2	0:40	36	1:52	10.00	49:26	4:56	2	3:48	36	12:48