



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Pfaff, Mathias

Club: VfB Torpedo Ichtershausen

Number: 33

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:01

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 40 (of 72)

Rank in course/Men: 37 (of 57)

Best time in course: 36:38

Rank in category: 4(of 6)

Best time in the category: 41:29

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	7:28	4:28	4	1:12	35	1:40	1.67	7:28	4:28	4	1:12	35	1:40
Lap 2	2.35	11:44	4:59	4	2:09	38	3:09	4.02	19:12	4:46	4	3:21	36	4:49
Lap 3	2.35	12:09	5:10	4	2:11	38	3:28	6.37	31:21	4:55	4	5:32	37	8:17
Lap 4	2.35	12:05	5:08	4	2:04	36	3:24	8.72	43:26	4:58	4	7:36	37	11:41
Last lap Finish	1.28	6:35	5:08	3	0:56	34	1:49	10.00	50:01	5:00	4	8:32	37	13:23