



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Thäsler, Sascha

Club: Angelroda

Number: 55

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 51:08

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 42 (of 72)

Rank in course/Men: 39 (of 57)

Best time in course: 36:38

Rank in category: 4(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:35	4:32	4	1:47	38	1:47	1.67	7:35	4:32	4	1:47	38	1:47	
Lap 2	2.35	11:49	5:01	4	3:14	39	3:14	4.02	19:24	4:49	4	5:01	38	5:01	
Lap 3	2.35	12:15	5:12	5	3:34	41	3:34	6.37	31:39	4:58	4	8:35	39	8:35	
Lap 4	2.35	12:29	5:18	4	3:48	41	3:48	8.72	44:08	5:03	4	12:23	39	12:23	
Last lap Finish	1.28	7:00	5:28	4	2:07	43	2:14	10.00	51:08	5:06	4	14:30	39	14:30	