



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Wanke, Maik

Club: Arnstadt

Number: 45

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 51:09

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 43 (of 72)

Rank in course/Men: 40 (of 57)

Best time in course: 36:38

Rank in category: 7(of 8)

Best time in the category: 37:34

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	8:39	5:10	7	2:36	49	2:51	1.67	8:39	5:10	7	2:36	49	2:51	
Lap 2	2.35	12:09	5:10	7	3:21	43	3:34	4.02	20:48	5:10	7	5:57	45	6:25	
Lap 3	2.35	12:02	5:07	6	2:59	36	3:21	6.37	32:50	5:09	7	8:56	44	9:46	
Lap 4	2.35	12:01	5:06	7	3:07	34	3:20	8.72	44:51	5:08	7	12:03	41	13:06	
Last lap Finish	1.28	6:18	4:55	4	1:32	25	1:32	10.00	51:09	5:06	7	13:35	40	14:31	