



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 | | Total | | Total | | 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 | |