



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Petermann, Philipp

Club: LSV Lok Arnstadt

Number: 68

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 51:12

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 44 (of 72)

Rank in course/Men: 41 (of 57)

Best time in course: 36:38

Rank in category: 11(of 14)

Best time in the category: 37:12

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	7:55	4:44	11	2:06	42	2:07	1.67	7:55	4:44	11	2:06	42	2:07
Lap 2	2.35	12:06	5:08	11	3:26	42	3:31	4.02	20:01	4:58	11	5:32	40	5:38
Lap 3	2.35	12:27	5:17	11	3:33	44	3:46	6.37	32:28	5:05	11	9:05	40	9:24
Lap 4	2.35	12:22	5:15	11	3:20	39	3:41	8.72	44:50	5:08	11	12:25	40	13:05
Last lap Finish	1.28	6:22	4:58	8	1:35	31	1:36	10.00	51:12	5:07	11	14:00	41	14:34