



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Treßelt, Frank

Club: GMRLV Großbreitenbach

Number: 43

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:37

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 46 (of 72)

Rank in course/Men: 42 (of 57)

Best time in course: 36:38

Rank in category: 3(of 6)

Best time in the category: 45:38

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	8:08	4:52	4	1:04	44	2:20	1.67	8:08	4:52	4	1:04	44	2:20	
Lap 2	2.35	11:59	5:05	4	1:13	41	3:24	4.02	20:07	5:00	4	2:17	42	5:44	
Lap 3	2.35	12:21	5:15	3	1:28	42	3:40	6.37	32:28	5:05	3	3:45	40	9:24	
Lap 4	2.35	12:26	5:17	3	1:29	40	3:45	8.72	44:54	5:08	3	5:14	42	13:09	
Last lap Finish	1.28	6:43	5:14	3	0:45	39	1:57	10.00	51:37	5:09	3	5:59	42	14:59	