



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV 08 Ilmenau

Number: 76

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:15

Speed: 11.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 47 (of 72)

Rank in course/Men: 43 (of 57)

Best time in course: 36:38

Rank in category: 4(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	8:15	4:56	5	1:11	46	2:27	1.67	8:15	4:56	5	1:11	46	2:27
Lap 2	2.35	11:51	5:02	3	1:05	40	3:16	4.02	20:06	5:00	3	2:16	41	5:43
Lap 3	2.35	12:29	5:18	5	1:36	45	3:48	6.37	32:35	5:06	4	3:52	43	9:31
Lap 4	2.35	12:45	5:25	5	1:48	44	4:04	8.72	45:20	5:11	4	5:40	43	13:35
Last lap Finish	1.28	6:55	5:24	5	0:57	42	2:09	10.00	52:15	5:13	4	6:37	43	15:37