



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Förtsch, Volker

Club: Stadtilm OT Griesheim

Number: 8

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:41

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 48 (of 72)

Rank in course/Men: 44 (of 57)

Best time in course: 36:38

Rank in category: 5(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	8:31	5:05	6	1:27	48	2:43	1.67	8:31	5:05	6	1:27	48	2:43
Lap 2	2.35	12:24	5:16	6	1:38	46	3:49	4.02	20:55	5:12	6	3:05	46	6:32
Lap 3	2.35	12:26	5:17	4	1:33	43	3:45	6.37	33:21	5:14	6	4:38	46	10:17
Lap 4	2.35	12:30	5:19	4	1:33	42	3:49	8.72	45:51	5:15	5	6:11	45	14:06
Last lap Finish	1.28	6:50	5:20	4	0:52	40	2:04	10.00	52:41	5:16	5	7:03	44	16:03