



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

### Bogen, Norman

Club: LT Alteburg

Number: 77

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:12

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 49 (of 72)

Rank in course/Men: 45 (of 57)

Best time in course: 36:38

Rank in category: 5(of 5)

Best time in the category: 36:38

### 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	8:10	4:53	5	2:22	45	2:22	1.67	8:10	4:53	5	2:22	45	2:22	
Lap 2	2.35	12:09	5:10	5	3:34	43	3:34	4.02	20:19	5:03	5	5:56	44	5:56	
Lap 3	2.35	12:14	5:12	4	3:33	40	3:33	6.37	32:33	5:06	5	9:29	42	9:29	
Lap 4	2.35	13:07	5:34	5	4:26	47	4:26	8.72	45:40	5:14	5	13:55	44	13:55	
Last lap Finish	1.28	7:32	5:53	5	2:39	47	2:46	10.00	53:12	5:19	5	16:34	45	16:34	