



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

**Jung, Detlev**

Club: Weimar

Number: 20

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 54:04

Speed: 11.10 km/h

Running performance: 5:25 min/km

Rank in course/Total: 50 (of 72)

Rank in course/Men: 46 (of 57)

Best time in course: 36:38

Rank in category: 6(of 6)

Best time in the category: 45:38

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.67        | 7:50          | 4:41            | 3           | 0:46           | 41          | 2:02          | 1.67          | 7:50          | 4:41            | 3           | 0:46           | 41         | 2:02          |
| Lap 2           | 2.35        | 12:17         | 5:13            | 5           | 1:31           | 45          | 3:42          | 4.02          | 20:07         | 5:00            | 4           | 2:17           | 42         | 5:44          |
| Lap 3           | 2.35        | 13:00         | 5:31            | 6           | 2:07           | 47          | 4:19          | 6.37          | 33:07         | 5:11            | 5           | 4:24           | 45         | 10:03         |
| Lap 4           | 2.35        | 13:22         | 5:41            | 6           | 2:25           | 48          | 4:41          | 8.72          | 46:29         | 5:19            | 6           | 6:49           | 46         | 14:44         |
| Last lap Finish | 1.28        | 7:35          | 5:55            | 6           | 1:37           | 49          | 2:49          | 10.00         | 54:04         | 5:24            | 6           | 8:26           | 46         | 17:26         |