



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 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	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