



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Haupt, Matthias

Club: Arnstadt

Number: 15

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 54:42

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 51 (of 72)

Rank in course/Men: 47 (of 57)

Best time in course: 36:38

Rank in category: 5(of 6)

Best time in the category: 41:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	8:56	5:20	5	2:40	50	3:08	1.67	8:56	5:20	5	2:40	50	3:08	
Lap 2	2.35	12:48	5:26	5	3:13	47	4:13	4.02	21:44	5:24	5	5:53	48	7:21	
Lap 3	2.35	12:56	5:30	5	2:58	46	4:15	6.37	34:40	5:26	5	8:51	47	11:36	
Lap 4	2.35	12:55	5:29	6	2:54	46	4:14	8.72	47:35	5:27	5	11:45	47	15:50	
Last lap Finish	1.28	7:07	5:33	5	1:28	44	2:21	10.00	54:42	5:28	5	13:13	47	18:04	