



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Pierrard, Xavier

Club: LTV Erfurt

Number: 73

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 56:20

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 57 (of 72)

Rank in course/Men: 48 (of 57)

Best time in course: 36:38

Rank in category: 12(of 14)

Best time in the category: 37:12

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	8:25	5:02	13	2:36	47	2:37	1.67	8:25	5:02	13	2:36	47	2:37
Lap 2	2.35	12:59	5:31	12	4:19	48	4:24	4.02	21:24	5:19	12	6:55	47	7:01
Lap 3	2.35	13:19	5:39	12	4:25	48	4:38	6.37	34:43	5:27	12	11:20	48	11:39
Lap 4	2.35	13:47	5:51	12	4:45	49	5:06	8.72	48:30	5:33	12	16:05	48	16:45
Last lap Finish	1.28	7:50	6:07	13	3:03	51	3:04	10.00	56:20	5:38	12	19:08	48	19:42