



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hirsch, Karsten

Club: Halle

Number: 70

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 56:34

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 58 (of 72)

Rank in course/Men: 49 (of 57)

Best time in course: 36:38

Rank in category: 6(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	9:27	5:39	6	3:11	52	3:39	1.67	9:27	5:39	6	3:11	52	3:39
Lap 2	2.35	13:46	5:51	6	4:11	50	5:11	4.02	23:13	5:46	6	7:22	52	8:50
Lap 3	2.35	13:20	5:40	6	3:22	49	4:39	6.37	36:33	5:44	6	10:44	50	13:29
Lap 4	2.35	12:52	5:28	5	2:51	45	4:11	8.72	49:25	5:40	6	13:35	49	17:40
Last lap Finish	1.28	7:09	5:35	6	1:30	45	2:23	10.00	56:34	5:39	6	15:05	49	19:56