



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | 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        | 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         |