



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Neuhäuser, Sven

Club: Physiotherapie Praxis Schmidt
Number: 30

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 57:49

Speed: 10.38 km/h
Running performance: 5:47 min/km

Rank in course/Total: 59 (of 72)

Rank in course/Men: 50 (of 57)

Best time in course: 36:38

Rank in category: 8(of 8)

Best time in the category: 37:34

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	9:00	5:23	8	2:57	51	3:12	1.67	9:00	5:23	8	2:57	51	3:12	
Lap 2	2.35	13:12	5:37	8	4:24	49	4:37	4.02	22:12	5:31	8	7:21	51	7:49	
Lap 3	2.35	13:28	5:43	8	4:25	50	4:47	6.37	35:40	5:35	8	11:46	49	12:36	
Lap 4	2.35	14:03	5:58	8	5:09	50	5:22	8.72	49:43	5:42	8	16:55	50	17:58	
Last lap Finish	1.28	8:06	6:19	8	3:20	53	3:20	10.00	57:49	5:46	8	20:15	50	21:11	