



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Haase, Jens

Club: Run Bunny von den EPZ Runners
Number: 50

Course: 10.00 km
n3 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:00:46

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 61 (of 72)

Rank in course/Men: 51 (of 57)

Best time in course: 36:38

Rank in category: 5(of 6)

Best time in the category: 43:31

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	9:30	5:41	6	2:54	54	3:42	1.67	9:30	5:41	6	2:54	54	3:42
Lap 2	2.35	14:24	6:07	6	4:23	53	5:49	4.02	23:54	5:56	6	7:17	54	9:31
Lap 3	2.35	14:35	6:12	5	4:17	51	5:54	6.37	38:29	6:02	5	11:34	52	15:25
Lap 4	2.35	14:45	6:16	5	4:08	52	6:04	8.72	53:14	6:06	5	15:40	52	21:29
Last lap Finish	1.28	7:32	5:53	5	1:44	47	2:46	10.00	1:00:46	6:04	5	17:15	51	24:08