



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Kratzer, Thomas

Club: Evangelische Kirchgemeinde Arnstadt
Number: 21

Course: 10.00 km
n3 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:01:36

Speed: 9.74 km/h

Running performance: 6:10 min/km

Rank in course/Total: 63 (of 72)

Rank in course/Men: 52 (of 57)

Best time in course: 36:38

Rank in category: 6(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		Total		Total		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	9:28	5:40	5	2:52	53	3:40	1.67	9:28	5:40	5	2:52	53	3:40	
Lap 2	2.35	14:21	6:06	5	4:20	52	5:46	4.02	23:49	5:55	5	7:12	53	9:26	
Lap 3	2.35	14:46	6:17	6	4:28	52	6:05	6.37	38:35	6:03	6	11:40	53	15:31	
Lap 4	2.35	14:58	6:22	6	4:21	53	6:17	8.72	53:33	6:08	6	15:59	53	21:48	
Last lap Finish	1.28	8:03	6:17	6	2:15	52	3:17	10.00	1:01:36	6:09	6	18:05	52	24:58	