



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Pabst, Tristan

Club: Stadtilm

Number: 31

Course: 10.00 km

n3 10-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 1:02:02

Speed: 9.67 km/h

Running performance: 6:12 min/km

Rank in course/Total: 65 (of 72)

Rank in course/Men: 53 (of 57)

Best time in course: 36:38

Rank in category: 1(of 1)

Best time in the category: 1:02:02

Intermediate times						Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:20	4:23	1	-	32	1:32	1.67	7:20	4:23	1	-	32	1:32	
Lap 2	2.35	14:35	6:12	1	-	54	6:00	4.02	21:55	5:27	1	-	49	7:32	
Lap 3	2.35	14:58	6:22	1	-	53	6:17	6.37	36:53	5:47	1	-	51	13:49	
Lap 4	2.35	16:00	6:48	1	-	54	7:19	8.72	52:53	6:03	1	-	51	21:08	
Last lap Finish	1.28	9:09	7:08	1	-	54	4:23	10.00	1:02:02	6:12	1	-	53	25:24	