



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Grosser, Christopher

Club: Arnstadt

Number: 14

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:02:04

Speed: 9.67 km/h

Running performance: 6:13 min/km

Rank in course/Total: 66 (of 72)

Rank in course/Men: 54 (of 57)

Best time in course: 36:38

Rank in category: 13(of 14)

Best time in the category: 37:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	9:36	5:44	14	3:47	55	3:48	1.67	9:36	5:44	14	3:47	55	3:48
Lap 2	2.35	15:15	6:29	14	6:35	55	6:40	4.02	24:51	6:10	14	10:22	55	10:28
Lap 3	2.35	15:02	6:23	13	6:08	54	6:21	6.37	39:53	6:15	13	16:30	54	16:49
Lap 4	2.35	14:35	6:12	13	5:33	51	5:54	8.72	54:28	6:14	13	22:03	54	22:43
Last lap Finish	1.28	7:36	5:56	12	2:49	50	2:50	10.00	1:02:04	6:12	13	24:52	54	25:26