



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Koske, Christian

Club: Weimar

Number: 4

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:08:59

Speed: 8.70 km/h

Running performance: 6:54 min/km

Rank in course/Total: 70 (of 72)

Rank in course/Men: 55 (of 57)

Best time in course: 36:38

Rank in category: 1(of 1)

Best time in the category: 1:08:59

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	9:52	5:54	1	-	56	4:04	1.67	9:52	5:54	1	-	56	4:04
Lap 2	2.35	15:59	6:48	1	-	56	7:24	4.02	25:51	6:25	1	-	56	11:28
Lap 3	2.35	16:50	7:09	1	-	55	8:09	6.37	42:41	6:42	1	-	55	19:37
Lap 4	2.35	16:48	7:08	1	-	55	8:07	8.72	59:29	6:49	1	-	55	27:44
Last lap Finish	1.28	9:30	7:25	1	-	55	4:44	10.00	1:08:59	6:53	1	-	55	32:21