



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

**Laubinger, Wolfgang**

Club: ThSV 1886 Geschwenda

Number: 23

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:12:28

Speed: 8.28 km/h

Running performance: 7:15 min/km

Rank in course/Total: 71 (of 72)

Rank in course/Men: 56 (of 57)

Best time in course: 36:38

Rank in category: 3(of 3)

Best time in the category: 45:27

### 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	10:28	6:16	3	3:25	57	4:40	1.67	10:28	6:16	3	3:25	57	4:40
Lap 2	2.35	16:28	7:00	3	5:50	57	7:53	4.02	26:56	6:41	3	9:15	57	12:33
Lap 3	2.35	16:50	7:09	3	6:05	55	8:09	6.37	43:46	6:52	3	15:11	56	20:42
Lap 4	2.35	18:25	7:50	3	7:41	56	9:44	8.72	1:02:11	7:07	3	22:38	56	30:26
Last lap Finish	1.28	10:17	8:02	3	4:23	56	5:31	10.00	1:12:28	7:14	3	27:01	56	35:50