



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Thurm, Ingo

Club: sc-impuls Erfurt

Number: 79

Course: 10.00 km

n3 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 36:38

Speed: 16.38 km/h

Running performance: 3:40 min/km

Rank in course/Total: 1 (of 72)

Rank in course/Men: 1 (of 57)

Best time in course: 36:38

Rank in category: 1(of 5)

Best time in the category: 36:38

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	5:48	3:28	1	-	1	-	1.67	5:48	3:28	1	-	1	-
Lap 2	2.35	8:35	3:39	1	-	1	-	4.02	14:23	3:34	1	-	1	-
Lap 3	2.35	8:41	3:41	1	-	1	-	6.37	23:04	3:37	1	-	1	-
Lap 4	2.35	8:41	3:41	1	-	1	-	8.72	31:45	3:38	1	-	1	-
Last lap Finish	1.28	4:53	3:48	1	-	3	0:07	10.00	36:38	3:39	1	-	1	-