



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt  
Number: 10

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 37:12

Speed: 16.13 km/h  
Running performance: 3:43 min/km

Rank in course/Total: 2 (of 72)

Rank in course/Men: 2 (of 57)

Best time in course: 36:38

Rank in category: 1(of 14)

Best time in the category: 37:12

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.67        | 5:49          | 3:28            | 1           | -              | 2           | 0:01          | 1.67          | 5:49          | 3:28            | 1           | -              | 2          | 0:01          |
| Lap 2           | 2.35        | 8:40          | 3:41            | 1           | -              | 2           | 0:05          | 4.02          | 14:29         | 3:36            | 1           | -              | 2          | 0:06          |
| Lap 3           | 2.35        | 8:54          | 3:47            | 1           | -              | 2           | 0:13          | 6.37          | 23:23         | 3:40            | 1           | -              | 2          | 0:19          |
| Lap 4           | 2.35        | 9:02          | 3:50            | 1           | -              | 3           | 0:21          | 8.72          | 32:25         | 3:43            | 1           | -              | 2          | 0:40          |
| Last lap Finish | 1.28        | 4:47          | 3:44            | 1           | -              | 2           | 0:01          | 10.00         | 37:12         | 3:43            | 1           | -              | 2          | 0:34          |