



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
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