



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

Trefflich, Denny

Club: VfB Torpedo Ichttershausen  
Number: 42

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 37:34

Speed: 15.97 km/h  
Running performance: 3:46 min/km

Rank in course/Total: 3 (of 72)

Rank in course/Men: 3 (of 57)

Best time in course: 36:38

Rank in category: 1(of 8)

Best time in the category: 37:34

### 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	6:03	3:37	1	-	3	0:15	1.67	6:03	3:37	1	-	3	0:15	
Lap 2	2.35	8:48	3:44	1	-	3	0:13	4.02	14:51	3:41	1	-	3	0:28	
Lap 3	2.35	9:03	3:51	1	-	3	0:22	6.37	23:54	3:45	1	-	3	0:50	
Lap 4	2.35	8:54	3:47	1	-	2	0:13	8.72	32:48	3:45	1	-	3	1:03	
Last lap Finish	1.28	4:46	3:43	1	-	1	-	10.00	37:34	3:45	1	-	3	0:56	