



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Wütherich, Tobias

Club: LTV Erfurt
Number: 47

Course: 10.00 km
n3 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 39:01

Speed: 15.38 km/h
Running performance: 3:54 min/km

Rank in course/Total: 4 (of 72)

Rank in course/Men: 4 (of 57)

Best time in course: 36:38

Rank in category: 2(of 8)

Best time in the category: 37:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	1.67	6:17	3:45	2	7	0:14	0:29	1.67	6:17	3:45	2	7	0:14	0:29
Lap 2	2.35	9:15	3:56	2	4	0:27	0:40	4.02	15:32	3:51	2	5	0:41	1:09
Lap 3	2.35	9:15	3:56	2	4	0:12	0:34	6.37	24:47	3:53	2	4	0:53	1:43
Lap 4	2.35	9:11	3:54	2	4	0:17	0:30	8.72	33:58	3:53	2	4	1:10	2:13
Last lap Finish	1.28	5:03	3:56	2	4	0:17	0:17	10.00	39:01	3:54	2	4	1:27	2:23