



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Kueise, Wolfram

Club: katholische Laufjugend Arnstadt
Number: 245

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:08

Speed: 14.59 km/h
Running performance: 4:07 min/km

Rank in course/Total: 5 (of 84)

Rank in course/Men: 5 (of 61)

Best time in course: 37:26

Rank in category: 3(of 14)

Best time in the category: 40:05

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:41	4:00	5	0:40	13	0:40	1.67	6:41	4:00	5	0:40	13	0:40
Lap 2	2.35	9:50	4:11	3	0:38	13	0:50	4.02	16:31	4:06	3	1:18	10	1:25
Lap 3	2.35	9:46	4:09	2	0:08	7	0:48	6.37	26:17	4:07	3	1:26	8	2:04
Lap 4	2.35	9:58	4:14	3	0:06	9	1:06	8.72	36:15	4:09	3	1:32	9	3:09
Last lap Finish	1.28	4:53	3:48	1	-	3	0:33	10.00	41:08	4:06	3	1:03	5	3:42