



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Schmidt, Bernd

Number: 281

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 41:40

Speed: 14.40 km/h

Running performance: 4:10 min/km

Rank in course/Total: 13 (of 84)

Rank in course/Men: 12 (of 61)

Best time in course: 37:26

Rank in category: 1(of 5)

Best time in the category: 41:40

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	6:36	3:57	1	-	9	0:35	1.67	6:36	3:57	1	-	9	0:35
Lap 2	2.35	9:41	4:07	1	-	5	0:41	4.02	16:17	4:03	1	-	6	1:11
Lap 3	2.35	10:01	4:15	1	-	12	1:03	6.37	26:18	4:07	1	-	11	2:05
Lap 4	2.35	10:00	4:15	1	-	12	1:08	8.72	36:18	4:09	1	-	12	3:12
Last lap Finish	1.28	5:22	4:11	1	-	14	1:02	10.00	41:40	4:09	1	-	12	4:14