



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Stutzig, Henrik

Club: katholische Laufjugend Arnstadt
Number: 246

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 41:36

Speed: 14.42 km/h
Running performance: 4:10 min/km

Rank in course/Total: 12 (of 84)

Rank in course/Men: 11 (of 61)

Best time in course: 37:26

Rank in category: 1(of 5)

Best time in the category: 41:36

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	6:37	3:57	1	-	10	0:36	1.67	6:37	3:57	1	-	10	0:36
Lap 2	2.35	9:50	4:11	1	-	13	0:50	4.02	16:27	4:05	1	-	9	1:21
Lap 3	2.35	9:50	4:11	1	-	9	0:52	6.37	26:17	4:07	1	-	8	2:04
Lap 4	2.35	9:58	4:14	1	-	9	1:06	8.72	36:15	4:09	1	-	9	3:09
Last lap Finish	1.28	5:21	4:10	1	-	12	1:01	10.00	41:36	4:09	1	-	11	4:10