



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Hupe, Matthias

Club: LAC Eichsfeld
Number: 220

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 41:15

Speed: 14.55 km/h
Running performance: 4:07 min/km

Rank in course/Total: 7 (of 84)

Rank in course/Men: 6 (of 61)

Best time in course: 37:26

Rank in category: 2(of 8)

Best time in the category: 37:29

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	6:34	3:55	2	0:19	7	0:33	1.67	6:34	3:55	2	0:19	7	0:33
Lap 2	2.35	9:44	4:08	2	0:44	8	0:44	4.02	16:18	4:03	2	1:03	7	1:12
Lap 3	2.35	9:51	4:11	2	0:53	10	0:53	6.37	26:09	4:06	2	1:56	5	1:56
Lap 4	2.35	9:52	4:11	2	0:59	4	1:00	8.72	36:01	4:07	2	2:55	5	2:55
Last lap Finish	1.28	5:14	4:05	2	0:51	6	0:54	10.00	41:15	4:07	2	3:46	6	3:49