



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 |