



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

Schmauß, Markus

Club: katholische Laufjugend Arnstadt  
Number: 257

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 41:30

Speed: 14.46 km/h  
Running performance: 4:09 min/km

Rank in course/Total: 11 (of 84)

Rank in course/Men: 10 (of 61)

Best time in course: 37:26

Rank in category: 2(of 9)

Best time in the category: 41:29

Control	Intermediate times					Stage score				Total ranking					
	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	6:42	4:00	1	-	14	0:41	1.67	6:42	4:00	1	-	14	0:41	
Lap 2	2.35	9:49	4:10	2	0:02	12	0:49	4.02	16:31	4:06	1	-	10	1:25	
Lap 3	2.35	9:46	4:09	2	0:01	7	0:48	6.37	26:17	4:07	1	-	8	2:04	
Lap 4	2.35	9:59	4:14	2	0:08	11	1:07	8.72	36:16	4:09	2	0:06	11	3:10	
Last lap Finish	1.28	5:14	4:05	1	-	6	0:54	10.00	41:30	4:09	2	0:01	10	4:04	