



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Garz, Christian**

Club: N3 Engine Overhaul Services  
Number: 210

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 42:15

Speed: 14.20 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 14 (of 84)

Rank in course/Men: 13 (of 61)

Best time in course: 37:26

Rank in category: 4(of 14)

Best time in the category: 40:05

### 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	6:38	3:58	3	0:37	11	0:37	1.67	6:38	3:58	3	0:37	11	0:37
Lap 2	2.35	9:54	4:12	4	0:42	16	0:54	4.02	16:32	4:06	4	1:19	12	1:26
Lap 3	2.35	10:09	4:19	4	0:31	14	1:11	6.37	26:41	4:11	4	1:50	15	2:28
Lap 4	2.35	10:17	4:22	4	0:25	15	1:25	8.72	36:58	4:14	4	2:15	14	3:52
Last lap Finish	1.28	5:17	4:07	3	0:24	10	0:57	10.00	42:15	4:13	4	2:10	13	4:49