



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**May, Sebastian**

Club: SG Einheit Arnstadt/ KLJ Arnstadt  
Number: 202

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 42:20

Speed: 14.17 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 15 (of 84)

Rank in course/Men: 14 (of 61)

Best time in course: 37:26

Rank in category: 1(of 5)

Best time in the category: 42:20

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	6:51	4:06	2	0:49	19	0:50	1.67	6:51	4:06	2	0:49	19	0:50
Lap 2	2.35	9:43	4:08	1	-	7	0:43	4.02	16:34	4:07	2	0:47	14	1:28
Lap 3	2.35	9:44	4:08	1	-	5	0:46	6.37	26:18	4:07	1	-	11	2:05
Lap 4	2.35	10:26	4:26	2	0:12	17	1:34	8.72	36:44	4:12	1	-	13	3:38
Last lap Finish	1.28	5:36	4:22	3	0:36	20	1:16	10.00	42:20	4:14	1	-	14	4:54