



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Graf, Maximilian

Club: SV Grabowhöfe
 Number: 279

Course: 10.00 km
 Schwenninger 10-km-Lauf

Category:
 Männer (20-29 Jahre)

Total time: 42:31

Speed: 14.11 km/h
 Running performance: 4:15 min/km

Rank in course/Total: 16 (of 84)

Rank in course/Men: 15 (of 61)

Best time in course: 37:26

Rank in category: 2(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.	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	6:02	3:36	1	-	3	0:01	1.67	6:02	3:36	1	-	3	0:01
Lap 2	2.35	9:45	4:08	2	0:02	10	0:45	4.02	15:47	3:55	1	-	4	0:41
Lap 3	2.35	10:36	4:30	2	0:52	20	1:38	6.37	26:23	4:08	2	0:05	14	2:10
Lap 4	2.35	10:43	4:33	3	0:29	21	1:51	8.72	37:06	4:15	2	0:22	15	4:00
Last lap Finish	1.28	5:25	4:13	2	0:25	16	1:05	10.00	42:31	4:15	2	0:11	15	5:05