



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Wächter, Hartmut

Club: LSV Lok Arnstadt
Number: 278

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 43:25

Speed: 13.82 km/h
Running performance: 4:20 min/km

Rank in course/Total: 19 (of 84)

Rank in course/Men: 18 (of 61)

Best time in course: 37:26

Rank in category: 1(of 3)

Best time in the category: 43:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	6:48	4:04	1	-	17	0:47	1.67	6:48	4:04	1	-	17	0:47	
Lap 2	2.35	10:08	4:18	1	-	18	1:08	4.02	16:56	4:12	1	-	18	1:50	
Lap 3	2.35	10:24	4:25	1	-	17	1:26	6.37	27:20	4:17	1	-	17	3:07	
Lap 4	2.35	10:28	4:27	1	-	18	1:36	8.72	37:48	4:20	1	-	17	4:42	
Last lap Finish	1.28	5:37	4:23	1	-	22	1:17	10.00	43:25	4:20	1	-	18	5:59	