



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Herrmann, Maik

Club: Laufftreff Arnstadt
Number: 256

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 43:12

Speed: 13.89 km/h
Running performance: 4:19 min/km

Rank in course/Total: 18 (of 84)

Rank in course/Men: 17 (of 61)

Best time in course: 37:26

Rank in category: 3(of 9)

Best time in the category: 41:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
Lap 1	1.67	7:02	4:12	3	0:20	24	1:01	1.67	7:02	4:12	3	0:20	24	1:01
Lap 2	2.35	10:09	4:19	3	0:22	19	1:09	4.02	17:11	4:16	3	0:40	22	2:05
Lap 3	2.35	10:20	4:23	3	0:35	16	1:22	6.37	27:31	4:19	3	1:14	19	3:18
Lap 4	2.35	10:20	4:23	3	0:29	16	1:28	8.72	37:51	4:20	3	1:41	18	4:45
Last lap Finish	1.28	5:21	4:10	3	0:07	12	1:01	10.00	43:12	4:19	3	1:43	17	5:46