



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Semenov, Ivan

Club: SV TU Ilmneau
Number: 283

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 43:48

Speed: 13.70 km/h
Running performance: 4:23 min/km

Rank in course/Total: 20 (of 84)

Rank in course/Men: 19 (of 61)

Best time in course: 37:26

Rank in category: 3(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	7:22	4:24	4	1:20	31	1:21	1.67	7:22	4:24	4	1:20	31	1:21
Lap 2	2.35	10:36	4:30	3	0:53	26	1:36	4.02	17:58	4:28	3	2:11	26	2:52
Lap 3	2.35	10:36	4:30	2	0:52	20	1:38	6.37	28:34	4:29	3	2:16	25	4:21
Lap 4	2.35	10:14	4:21	1	-	13	1:22	8.72	38:48	4:26	3	2:04	22	5:42
Last lap Finish	1.28	5:00	3:54	1	-	4	0:40	10.00	43:48	4:22	3	1:28	19	6:22