



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Becker, Markus

Total time: 43:59

Number: 254

Speed: 13.64 km/h

Running performance: 4:24 min/km

Course: 10.00 km

Rank in course/Total: 22 (of 84)

Schwenninger 10-km-Lauf

Rank in course/Men: 20 (of 61)

Best time in course: 37:26

Category:

Rank in category: 5(of 8)

Senioren M50 (50-54 Jahre)

Best time in the category: 37:29

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	6:54	4:07	4	0:39	22	0:53	1.67	6:54	4:07	4	0:39	22	0:53
Lap 2	2.35	10:16	4:22	5	1:16	21	1:16	4.02	17:10	4:16	5	1:55	21	2:04
Lap 3	2.35	10:27	4:26	5	1:29	18	1:29	6.37	27:37	4:20	5	3:24	20	3:24
Lap 4	2.35	10:40	4:32	5	1:47	19	1:48	8.72	38:17	4:23	5	5:11	19	5:11
Last lap Finish	1.28	5:42	4:27	5	1:19	25	1:22	10.00	43:59	4:23	5	6:30	20	6:33