



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Gerlach, Martin

Club: LAC Eichsfeld
Number: 211

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:10

Speed: 13.58 km/h
Running performance: 4:25 min/km

Rank in course/Total: 23 (of 84)

Rank in course/Men: 21 (of 61)

Best time in course: 37:26

Rank in category: 5(of 14)

Best time in the category: 40:05

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	7:05	4:14	6	1:04	25	1:04	1.67	7:05	4:14	6	1:04	25	1:04
Lap 2	2.35	10:16	4:22	6	1:04	21	1:16	4.02	17:21	4:18	6	2:08	24	2:15
Lap 3	2.35	10:35	4:30	5	0:57	19	1:37	6.37	27:56	4:23	6	3:05	22	3:43
Lap 4	2.35	10:40	4:32	5	0:48	19	1:48	8.72	38:36	4:25	6	3:53	21	5:30
Last lap Finish	1.28	5:34	4:20	5	0:41	19	1:14	10.00	44:10	4:24	5	4:05	21	6:44