



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Grosser, Torsten

Club: Ethik Bank
Number: 265

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:14

Speed: 13.56 km/h
Running performance: 4:25 min/km

Rank in course/Total: 24 (of 84)

Rank in course/Men: 22 (of 61)

Best time in course: 37:26

Rank in category: 2(of 8)

Best time in the category: 41:22

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	6:47	4:03	1	-	15	0:46	1.67	6:47	4:03	1	-	15	0:46
Lap 2	2.35	10:27	4:26	3	0:45	23	1:27	4.02	17:14	4:17	3	0:41	23	2:08
Lap 3	2.35	10:48	4:35	2	1:06	25	1:50	6.37	28:02	4:24	3	1:47	23	3:49
Lap 4	2.35	10:47	4:35	2	0:52	22	1:55	8.72	38:49	4:27	2	2:39	23	5:43
Last lap Finish	1.28	5:25	4:13	2	0:13	16	1:05	10.00	44:14	4:25	2	2:52	22	6:48