



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Schmidt, Sebastian

Club: N3 Engine Overhaul Services
Number: 232

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:23

Speed: 13.52 km/h
Running performance: 4:26 min/km

Rank in course/Total: 25 (of 84)

Rank in course/Men: 23 (of 61)

Best time in course: 37:26

Rank in category: 6(of 14)

Best time in the category: 40:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	1.67	6:38	3:58	3	11	0:37	0:37	1.67	6:38	3:58	3	11	0:37	0:37
Lap 2	2.35	9:59	4:14	5	17	0:47	0:59	4.02	16:37	4:08	5	16	1:24	1:31
Lap 3	2.35	10:46	4:34	7	24	1:08	1:48	6.37	27:23	4:17	5	18	2:32	3:10
Lap 4	2.35	11:11	4:45	7	27	1:19	2:19	8.72	38:34	4:25	5	20	3:51	5:28
Last lap Finish	1.28	5:49	4:32	8	27	0:56	1:29	10.00	44:23	4:26	6	23	4:18	6:57