



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886 Geschwenda
Number: 212

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:44

Speed: 13.41 km/h
Running performance: 4:28 min/km

Rank in course/Total: 26 (of 84)

Rank in course/Men: 24 (of 61)

Best time in course: 37:26

Rank in category: 3(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	6:48	4:04	2	0:01	17	0:47	1.67	6:48	4:04	2	0:01	17	0:47
Lap 2	2.35	10:09	4:19	2	0:27	19	1:09	4.02	16:57	4:12	2	0:24	19	1:51
Lap 3	2.35	10:53	4:37	3	1:11	26	1:55	6.37	27:50	4:22	2	1:35	21	3:37
Lap 4	2.35	11:16	4:47	5	1:21	30	2:24	8.72	39:06	4:29	3	2:56	24	6:00
Last lap Finish	1.28	5:38	4:24	3	0:26	23	1:18	10.00	44:44	4:28	3	3:22	24	7:18