



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 285

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:35

Speed: 13.16 km/h
Running performance: 4:34 min/km

Rank in course/Total: 29 (of 84)

Rank in course/Men: 27 (of 61)

Best time in course: 37:26

Rank in category: 4(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	7:15	4:20	4	0:28	27	1:14	1.67	7:15	4:20	4	0:28	27	1:14
Lap 2	2.35	10:49	4:36	4	1:07	30	1:49	4.02	18:04	4:29	4	1:31	29	2:58
Lap 3	2.35	10:56	4:39	4	1:14	28	1:58	6.37	29:00	4:33	4	2:45	29	4:47
Lap 4	2.35	10:54	4:38	3	0:59	25	2:02	8.72	39:54	4:34	4	3:44	28	6:48
Last lap Finish	1.28	5:41	4:26	4	0:29	24	1:21	10.00	45:35	4:33	4	4:13	27	8:09