



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Beck, Jens

Total time: 45:48

Number: 268

Speed: 13.10 km/h

Running performance: 4:35 min/km

Course: 10.00 km

Rank in course/Total: 31 (of 84)

Schwenninger 10-km-Lauf

Rank in course/Men: 29 (of 61)

Best time in course: 37:26

Category:

Rank in category: 4(of 9)

Senioren M35 (35-39 Jahre)

Best time in the category: 41:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	7:41	4:36	6	0:59	40	1:40	1.67	7:41	4:36	6	0:59	40	1:40
Lap 2	2.35	10:41	4:32	4	0:54	27	1:41	4.02	18:22	4:34	4	1:51	32	3:16
Lap 3	2.35	10:44	4:34	4	0:59	23	1:46	6.37	29:06	4:34	4	2:49	31	4:53
Lap 4	2.35	10:52	4:37	4	1:01	24	2:00	8.72	39:58	4:35	4	3:48	29	6:52
Last lap Finish	1.28	5:50	4:33	4	0:36	28	1:30	10.00	45:48	4:34	4	4:19	29	8:22