



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmneau
 Number: 222

Course: 10.00 km
 Schwenninger 10-km-Lauf

Category:
 Senioren M50 (50-54 Jahre)

Total time: 45:44

Speed: 13.12 km/h
 Running performance: 4:34 min/km

Rank in course/Total: 30 (of 84)

Rank in course/Men: 28 (of 61)

Best time in course: 37:26

Rank in category: 6(of 8)

Best time in the category: 37:29

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	6	1:00	27	1:14	1.67	7:15	4:20	6	1:00	27	1:14
Lap 2	2.35	10:45	4:34	6	1:45	28	1:45	4.02	18:00	4:28	6	2:45	28	2:54
Lap 3	2.35	10:53	4:37	6	1:55	26	1:55	6.37	28:53	4:32	6	4:40	26	4:40
Lap 4	2.35	10:59	4:40	6	2:06	26	2:07	8.72	39:52	4:34	6	6:46	27	6:46
Last lap Finish	1.28	5:52	4:34	6	1:29	31	1:32	10.00	45:44	4:34	6	8:15	28	8:18