



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Chemnitz, Benjamin

Club: Die flinken Gerataler
Number: 208

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 46:09

Speed: 13.00 km/h
Running performance: 4:37 min/km

Rank in course/Total: 33 (of 84)

Rank in course/Men: 31 (of 61)

Best time in course: 37:26

Rank in category: 2(of 2)

Best time in the category: 45:28

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	6:53	4:07	2	0:24	21	0:52	1.67	6:53	4:07	2	0:24	21	0:52
Lap 2	2.35	10:49	4:36	2	0:17	30	1:49	4.02	17:42	4:24	2	0:41	25	2:36
Lap 3	2.35	11:17	4:48	2	0:10	31	2:19	6.37	28:59	4:32	2	0:51	28	4:46
Lap 4	2.35	11:20	4:49	1	-	31	2:28	8.72	40:19	4:37	2	0:47	31	7:13
Last lap Finish	1.28	5:50	4:33	1	-	28	1:30	10.00	46:09	4:36	2	0:41	31	8:43