



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Petermann, Sebastian

Club: kesselbrunn Runners
Number: 290

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 45:59

Speed: 13.05 km/h
Running performance: 4:36 min/km

Rank in course/Total: 32 (of 84)

Rank in course/Men: 30 (of 61)

Best time in course: 37:26

Rank in category: 8(of 14)

Best time in the category: 40:05

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	7:13	4:19	7	1:12	26	1:12	1.67	7:13	4:19	7	1:12	26	1:12
Lap 2	2.35	10:46	4:34	8	1:34	29	1:46	4.02	17:59	4:28	7	2:46	27	2:53
Lap 3	2.35	11:02	4:41	8	1:24	29	2:04	6.37	29:01	4:33	8	4:10	30	4:48
Lap 4	2.35	11:11	4:45	7	1:19	27	2:19	8.72	40:12	4:36	8	5:29	30	7:06
Last lap Finish	1.28	5:47	4:31	7	0:54	26	1:27	10.00	45:59	4:35	8	5:54	30	8:33