



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

Hülle, Jörg

Number: 244

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:51

Speed: 12.81 km/h

Running performance: 4:41 min/km

Rank in course/Total: 34 (of 84)

Rank in course/Men: 32 (of 61)

Best time in course: 37:26

Rank in category: 5(of 8)

Best time in the category: 41:22

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:25	4:26	6	0:38	32	1:24	1.67	7:25	4:26	6	0:38	32	1:24	
Lap 2	2.35	10:58	4:40	5	1:16	32	1:58	4.02	18:23	4:34	6	1:50	33	3:17	
Lap 3	2.35	11:24	4:51	5	1:42	32	2:26	6.37	29:47	4:40	6	3:32	33	5:34	
Lap 4	2.35	11:13	4:46	4	1:18	29	2:21	8.72	41:00	4:42	5	4:50	32	7:54	
Last lap Finish	1.28	5:51	4:34	5	0:39	30	1:31	10.00	46:51	4:41	5	5:29	32	9:25	