



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt
Number: 237

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:19

Speed: 12.68 km/h
Running performance: 4:44 min/km

Rank in course/Total: 35 (of 84)

Rank in course/Men: 33 (of 61)

Best time in course: 37:26

Rank in category: 6(of 8)

Best time in the category: 41:22

Intermediate times				Stage score				Total ranking						
Control	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	7:20	4:23	5	0:33	30	1:19	1.67	7:20	4:23	5	0:33	30	1:19
Lap 2	2.35	11:01	4:41	6	1:19	33	2:01	4.02	18:21	4:33	5	1:48	31	3:15
Lap 3	2.35	11:25	4:51	6	1:43	33	2:27	6.37	29:46	4:40	5	3:31	32	5:33
Lap 4	2.35	11:41	4:58	6	1:46	35	2:49	8.72	41:27	4:45	6	5:17	33	8:21
Last lap Finish	1.28	5:52	4:34	6	0:40	31	1:32	10.00	47:19	4:43	6	5:57	33	9:53