



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Boßecker, André

Club: Arnstadt
Number: 263

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:38

Speed: 12.60 km/h
Running performance: 4:46 min/km

Rank in course/Total: 36 (of 84)

Rank in course/Men: 34 (of 61)

Best time in course: 37:26

Rank in category: 9(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	7:29	4:28	8	1:28	34	1:28	1.67	7:29	4:28	8	1:28	34	1:28
Lap 2	2.35	11:04	4:42	9	1:52	34	2:04	4.02	18:33	4:36	9	3:20	35	3:27
Lap 3	2.35	11:25	4:51	9	1:47	33	2:27	6.37	29:58	4:42	9	5:07	34	5:45
Lap 4	2.35	11:39	4:57	9	1:47	34	2:47	8.72	41:37	4:46	9	6:54	34	8:31
Last lap Finish	1.28	6:01	4:42	9	1:08	34	1:41	10.00	47:38	4:45	9	7:33	34	10:12