



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Klütsch, Carsten

Club: RSV Anler Arnstadt
Number: 252

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 47:53

Speed: 12.53 km/h
Running performance: 4:47 min/km

Rank in course/Total: 37 (of 84)

Rank in course/Men: 35 (of 61)

Best time in course: 37:26

Rank in category: 5(of 9)

Best time in the category: 41:29

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	7:39	4:34	4	0:57	38	1:38	1.67	7:39	4:34	4	0:57	38	1:38
Lap 2	2.35	11:06	4:43	5	1:19	35	2:06	4.02	18:45	4:39	5	2:14	36	3:39
Lap 3	2.35	11:32	4:54	5	1:47	35	2:34	6.37	30:17	4:45	5	4:00	35	6:04
Lap 4	2.35	11:27	4:52	5	1:36	33	2:35	8.72	41:44	4:47	5	5:34	35	8:38
Last lap Finish	1.28	6:09	4:48	5	0:55	38	1:49	10.00	47:53	4:47	5	6:24	35	10:27