



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Krämer, Sascha

Club: Ilmenau  
Number: 201

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 48:36

Speed: 12.35 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 40 (of 84)

Rank in course/Men: 36 (of 61)

Best time in course: 37:26

Rank in category: 4(of 5)

Best time in the category: 42:20

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	7:16	4:21	3	1:14	29	1:15	1.67	7:16	4:21	3	1:14	29	1:15	
Lap 2	2.35	11:11	4:45	4	1:28	36	2:11	4.02	18:27	4:35	4	2:40	34	3:21	
Lap 3	2.35	11:50	5:02	4	2:06	38	2:52	6.37	30:17	4:45	4	3:59	35	6:04	
Lap 4	2.35	11:56	5:04	5	1:42	41	3:04	8.72	42:13	4:50	4	5:29	36	9:07	
Last lap Finish	1.28	6:23	4:59	5	1:23	44	2:03	10.00	48:36	4:51	4	6:16	36	11:10	