



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

Treßelt, Frank

Club: GMRLV Großbreitenbach  
Number: 239

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 48:39

Speed: 12.33 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 41 (of 84)

Rank in course/Men: 37 (of 61)

Best time in course: 37:26

Rank in category: 7(of 8)

Best time in the category: 37:29

### 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	7:49	4:40	7	1:34	47	1:48	1.67	7:49	4:40	7	1:34	47	1:48	
Lap 2	2.35	11:28	4:52	7	2:28	39	2:28	4.02	19:17	4:47	7	4:02	44	4:11	
Lap 3	2.35	11:36	4:56	7	2:38	36	2:38	6.37	30:53	4:50	7	6:40	38	6:40	
Lap 4	2.35	11:41	4:58	7	2:48	35	2:49	8.72	42:34	4:52	7	9:28	38	9:28	
Last lap Finish	1.28	6:05	4:45	7	1:42	36	1:45	10.00	48:39	4:51	7	11:10	37	11:13	