



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Vogler, Andy

Club: Gehren
Number: 240

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:41

Speed: 12.32 km/h
Running performance: 4:52 min/km

Rank in course/Total: 42 (of 84)

Rank in course/Men: 38 (of 61)

Best time in course: 37:26

Rank in category: 2(of 5)

Best time in the category: 41:36

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	7:37	4:33	2	1:00	36	1:36	1.67	7:37	4:33	2	1:00	36	1:36
Lap 2	2.35	11:18	4:48	2	1:28	37	2:18	4.02	18:55	4:42	2	2:28	37	3:49
Lap 3	2.35	11:50	5:02	2	2:00	38	2:52	6.37	30:45	4:49	2	4:28	37	6:32
Lap 4	2.35	11:46	5:00	2	1:48	37	2:54	8.72	42:31	4:52	2	6:16	37	9:25
Last lap Finish	1.28	6:10	4:49	3	0:49	39	1:50	10.00	48:41	4:52	2	7:05	38	11:15