



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Voßhage, Ron

Club: basketballverein Suhl e.v
Number: 267

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 49:03

Speed: 12.23 km/h
Running performance: 4:54 min/km

Rank in course/Total: 43 (of 84)

Rank in course/Men: 39 (of 61)

Best time in course: 37:26

Rank in category: 5(of 5)

Best time in the category: 42:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:28	4:28	5	1:26	33	1:27	1.67	7:28	4:28	5	1:26	33	1:27	
Lap 2	2.35	11:40	4:57	5	1:57	45	2:40	4.02	19:08	4:45	5	3:21	40	4:02	
Lap 3	2.35	12:03	5:07	5	2:19	44	3:05	6.37	31:11	4:53	5	4:53	42	6:58	
Lap 4	2.35	11:51	5:02	4	1:37	39	2:59	8.72	43:02	4:56	5	6:18	41	9:56	
Last lap Finish	1.28	6:01	4:42	4	1:01	34	1:41	10.00	49:03	4:54	5	6:43	39	11:37	