



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Großmann, Heino

Club: SV Gehren
Number: 284

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:09

Speed: 12.21 km/h
Running performance: 4:55 min/km

Rank in course/Total: 44 (of 84)

Rank in course/Men: 40 (of 61)

Best time in course: 37:26

Rank in category: 3(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	7:42	4:36	3	1:05	41	1:41	1.67	7:42	4:36	3	1:05	41	1:41
Lap 2	2.35	11:34	4:55	4	1:44	42	2:34	4.02	19:16	4:47	4	2:49	43	4:10
Lap 3	2.35	11:53	5:03	3	2:03	40	2:55	6.37	31:09	4:53	4	4:52	41	6:56
Lap 4	2.35	11:49	5:01	3	1:51	38	2:57	8.72	42:58	4:55	3	6:43	40	9:52
Last lap Finish	1.28	6:11	4:49	4	0:50	41	1:51	10.00	49:09	4:54	3	7:33	40	11:43