



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Mölders, Martin

Club: Sv Arnstadt 09  
Number: 269

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 49:17

Speed: 12.17 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 45 (of 84)

Rank in course/Men: 41 (of 61)

Best time in course: 37:26

Rank in category: 2(of 5)

Best time in the category: 41:40

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	7:38	4:34	2	1:02	37	1:37	1.67	7:38	4:34	2	1:02	37	1:37	
Lap 2	2.35	11:28	4:52	2	1:47	39	2:28	4.02	19:06	4:45	2	2:49	39	4:00	
Lap 3	2.35	11:49	5:01	2	1:48	37	2:51	6.37	30:55	4:51	2	4:37	39	6:42	
Lap 4	2.35	11:57	5:05	2	1:57	43	3:05	8.72	42:52	4:54	2	6:34	39	9:46	
Last lap Finish	1.28	6:25	5:00	2	1:03	45	2:05	10.00	49:17	4:55	2	7:37	41	11:51	