



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Schäge, Rico

Club: Arnstadt
Number: 264

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:21

Speed: 12.16 km/h
Running performance: 4:56 min/km

Rank in course/Total: 46 (of 84)

Rank in course/Men: 42 (of 61)

Best time in course: 37:26

Rank in category: 4(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:45	4:38	4	1:08	43	1:44	1.67	7:45	4:38	4	1:08	43	1:44
Lap 2	2.35	11:24	4:51	3	1:34	38	2:24	4.02	19:09	4:45	3	2:42	41	4:03
Lap 3	2.35	11:56	5:04	4	2:06	41	2:58	6.37	31:05	4:52	3	4:48	40	6:52
Lap 4	2.35	12:09	5:10	4	2:11	45	3:17	8.72	43:14	4:57	4	6:59	42	10:08
Last lap Finish	1.28	6:07	4:46	2	0:46	37	1:47	10.00	49:21	4:56	4	7:45	42	11:55