



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Esefeld, Frederick

Club: katholische Laufjugend Arnstadt
 Number: 286

Course: 10.00 km
 Schwenninger 10-km-Lauf

Category:
 Senioren M35 (35-39 Jahre)

Total time: 49:26

Speed: 12.14 km/h
 Running performance: 4:56 min/km

Rank in course/Total: 48 (of 84)

Rank in course/Men: 43 (of 61)

Best time in course: 37:26

Rank in category: 6(of 9)

Best time in the category: 41:29

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	7:46	4:39	7	1:04	44	1:45	1.67	7:46	4:39	7	1:04	44	1:45
Lap 2	2.35	11:38	4:57	7	1:51	44	2:38	4.02	19:24	4:49	7	2:53	45	4:18
Lap 3	2.35	11:59	5:05	6	2:14	42	3:01	6.37	31:23	4:55	7	5:06	44	7:10
Lap 4	2.35	11:53	5:03	6	2:02	40	3:01	8.72	43:16	4:57	6	7:06	43	10:10
Last lap Finish	1.28	6:10	4:49	6	0:56	39	1:50	10.00	49:26	4:56	6	7:57	43	12:00