



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Schmidt, Thomas

Number: 255

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 49:31

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 50 (of 84)

Rank in course/Men: 44 (of 61)

Best time in course: 37:26

Rank in category: 7(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.	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	7:39	4:34	4	0:57	38	1:38	1.67	7:39	4:34	4	0:57	38	1:38
Lap 2	2.35	11:34	4:55	6	1:47	42	2:34	4.02	19:13	4:46	6	2:42	42	4:07
Lap 3	2.35	12:01	5:06	7	2:16	43	3:03	6.37	31:14	4:54	6	4:57	43	7:01
Lap 4	2.35	12:03	5:07	7	2:12	44	3:11	8.72	43:17	4:57	7	7:07	44	10:11
Last lap Finish	1.28	6:14	4:52	7	1:00	42	1:54	10.00	49:31	4:57	7	8:02	44	12:05