



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Ringl, Steffen

Club: Ilmenau  
Number: 230

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 50:47

Speed: 11.81 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 53 (of 84)

Rank in course/Men: 45 (of 61)

Best time in course: 37:26

Rank in category: 10(of 14)

Best time in the category: 40:05

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	8:27	5:03	13	2:26	55	2:26	1.67	8:27	5:03	13	2:26	55	2:26
Lap 2	2.35	12:01	5:06	11	2:49	48	3:01	4.02	20:28	5:05	11	5:15	50	5:22
Lap 3	2.35	12:04	5:08	10	2:26	45	3:06	6.37	32:32	5:06	11	7:41	49	8:19
Lap 4	2.35	11:56	5:04	10	2:04	41	3:04	8.72	44:28	5:05	10	9:45	46	11:22
Last lap Finish	1.28	6:19	4:56	10	1:26	43	1:59	10.00	50:47	5:04	10	10:42	45	13:21