



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Machatschek, Frank**

Club: ohne  
Number: 225

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

**Total time: 51:05**

Speed: 11.75 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 54 (of 84)

Rank in course/Men: 46 (of 61)

Best time in course: 37:26

Rank in category: 3(of 5)

Best time in the category: 41:40

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	7:47	4:39	3	1:11	45	1:46	1.67	7:47	4:39	3	1:11	45	1:46	
Lap 2	2.35	11:58	5:05	3	2:17	47	2:58	4.02	19:45	4:54	3	3:28	46	4:39	
Lap 3	2.35	12:15	5:12	3	2:14	47	3:17	6.37	32:00	5:01	3	5:42	46	7:47	
Lap 4	2.35	12:26	5:17	3	2:26	46	3:34	8.72	44:26	5:05	3	8:08	45	11:20	
Last lap Finish	1.28	6:39	5:11	3	1:17	48	2:19	10.00	51:05	5:06	3	9:25	46	13:39	