



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Simon, Holger

Club: Schmalkalden  
Number: 280

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 51:21

Speed: 11.68 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 56 (of 84)

Rank in course/Men: 47 (of 61)

Best time in course: 37:26

Rank in category: 11(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	7:36	4:33	9	1:35	35	1:35	1.67	7:36	4:33	9	1:35	35	1:35	
Lap 2	2.35	11:28	4:52	10	2:16	39	2:28	4.02	19:04	4:44	10	3:51	38	3:58	
Lap 3	2.35	12:38	5:22	11	3:00	51	3:40	6.37	31:42	4:58	10	6:51	45	7:29	
Lap 4	2.35	13:01	5:32	12	3:09	53	4:09	8.72	44:43	5:07	11	10:00	47	11:37	
Last lap Finish	1.28	6:38	5:10	11	1:45	47	2:18	10.00	51:21	5:08	11	11:16	47	13:55	