



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Gunkel, Sven

Club: Garant
Number: 214

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:51

Speed: 11.57 km/h
Running performance: 5:11 min/km

Rank in course/Total: 58 (of 84)

Rank in course/Men: 48 (of 61)

Best time in course: 37:26

Rank in category: 7(of 8)

Best time in the category: 41:22

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	7:53	4:43	7	1:06	48	1:52	1.67	7:53	4:43	7	1:06	48	1:52
Lap 2	2.35	11:56	5:04	7	2:14	46	2:56	4.02	19:49	4:55	7	3:16	47	4:43
Lap 3	2.35	12:13	5:11	7	2:31	46	3:15	6.37	32:02	5:01	7	5:47	47	7:49
Lap 4	2.35	12:54	5:29	7	2:59	49	4:02	8.72	44:56	5:09	7	8:46	48	11:50
Last lap Finish	1.28	6:55	5:24	7	1:43	52	2:35	10.00	51:51	5:11	7	10:29	48	14:25