



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Bogen, Norman

Club: LT Altenburg
Number: 291

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 52:26

Speed: 11.44 km/h
Running performance: 5:14 min/km

Rank in course/Total: 61 (of 84)

Rank in course/Men: 50 (of 61)

Best time in course: 37:26

Rank in category: 5(of 5)

Best time in the category: 41:36

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	7:47	4:39	5	1:10	45	1:46	1.67	7:47	4:39	5	1:10	45	1:46
Lap 2	2.35	12:13	5:11	5	2:23	50	3:13	4.02	20:00	4:58	5	3:33	48	4:54
Lap 3	2.35	12:31	5:19	5	2:41	49	3:33	6.37	32:31	5:06	5	6:14	48	8:18
Lap 4	2.35	13:00	5:31	5	3:02	52	4:08	8.72	45:31	5:13	5	9:16	50	12:25
Last lap Finish	1.28	6:55	5:24	5	1:34	52	2:35	10.00	52:26	5:14	5	10:50	50	15:00