



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Fleischer, Heimbart

Club: katholische Laufjugend Arnstadt
Number: 249

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 52:06

Speed: 11.52 km/h
Running performance: 5:13 min/km

Rank in course/Total: 59 (of 84)

Rank in course/Men: 49 (of 61)

Best time in course: 37:26

Rank in category: 2(of 3)

Best time in the category: 43:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	8:24	5:01	2	1:36	54	2:23	1.67	8:24	5:01	2	1:36	54	2:23	
Lap 2	2.35	12:06	5:08	2	1:58	49	3:06	4.02	20:30	5:05	2	3:34	51	5:24	
Lap 3	2.35	12:27	5:17	2	2:03	48	3:29	6.37	32:57	5:10	2	5:37	50	8:44	
Lap 4	2.35	12:26	5:17	2	1:58	46	3:34	8.72	45:23	5:12	2	7:35	49	12:17	
Last lap Finish	1.28	6:43	5:14	3	1:06	50	2:23	10.00	52:06	5:12	2	8:41	49	14:40	