



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Görting, Sascha

Club: Team Habicht Dresden
Number: 213

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 53:22

Speed: 11.24 km/h
Running performance: 5:20 min/km

Rank in course/Total: 63 (of 84)

Rank in course/Men: 52 (of 61)

Best time in course: 37:26

Rank in category: 12(of 14)

Best time in the category: 40:05

Intermediate times

Stage score

Total ranking

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	8:13	4:55	11	2:12	52	2:12	1.67	8:13	4:55	11	2:12	52	2:12	
Lap 2	2.35	12:25	5:17	12	3:13	53	3:25	4.02	20:38	5:07	12	5:25	53	5:32	
Lap 3	2.35	12:47	5:26	12	3:09	52	3:49	6.37	33:25	5:14	12	8:34	52	9:12	
Lap 4	2.35	12:58	5:31	11	3:06	50	4:06	8.72	46:23	5:19	12	11:40	51	13:17	
Last lap Finish	1.28	6:59	5:27	13	2:06	55	2:39	10.00	53:22	5:20	12	13:17	52	15:56	