



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt
Number: 215

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 53:12

Speed: 11.28 km/h
Running performance: 5:19 min/km

Rank in course/Total: 62 (of 84)

Rank in course/Men: 51 (of 61)

Best time in course: 37:26

Rank in category: 3(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	8:34	5:07	3	1:46	57	2:33	1.67	8:34	5:07	3	1:46	57	2:33
Lap 2	2.35	12:42	5:24	3	2:34	57	3:42	4.02	21:16	5:17	3	4:20	58	6:10
Lap 3	2.35	12:36	5:21	3	2:12	50	3:38	6.37	33:52	5:18	3	6:32	55	9:39
Lap 4	2.35	12:43	5:24	3	2:15	48	3:51	8.72	46:35	5:20	3	8:47	52	13:29
Last lap Finish	1.28	6:37	5:10	2	1:00	46	2:17	10.00	53:12	5:19	3	9:47	51	15:46