



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Lehouchu, Nicholas

Club: N3 Engine Overhaul Services
Number: 223

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 53:34

Speed: 11.20 km/h
Running performance: 5:22 min/km

Rank in course/Total: 65 (of 84)

Rank in course/Men: 53 (of 61)

Best time in course: 37:26

Rank in category: 13(of 14)

Best time in the category: 40:05

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	8:16	4:57	12	2:15	53	2:15	1.67	8:16	4:57	12	2:15	53	2:15
Lap 2	2.35	12:31	5:19	13	3:19	55	3:31	4.02	20:47	5:10	13	5:34	54	5:41
Lap 3	2.35	13:04	5:33	13	3:26	57	4:06	6.37	33:51	5:18	13	9:00	54	9:38
Lap 4	2.35	13:01	5:32	12	3:09	53	4:09	8.72	46:52	5:22	13	12:09	54	13:46
Last lap Finish	1.28	6:42	5:14	12	1:49	49	2:22	10.00	53:34	5:21	13	13:29	53	16:08