



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Täntzer, Ralph**

Club: OVB Wipfratal  
Number: 238

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:37

Speed: 11.19 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 66 (of 84)

Rank in course/Men: 54 (of 61)

Best time in course: 37:26

Rank in category: 8(of 8)

Best time in the category: 41:22

### 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	8:05	4:50	8	1:18	50	2:04	1.67	8:05	4:50	8	1:18	50	2:04	
Lap 2	2.35	12:16	5:13	8	2:34	51	3:16	4.02	20:21	5:03	8	3:48	49	5:15	
Lap 3	2.35	12:57	5:30	8	3:15	54	3:59	6.37	33:18	5:13	8	7:03	51	9:05	
Lap 4	2.35	13:19	5:39	8	3:24	57	4:27	8.72	46:37	5:20	8	10:27	53	13:31	
Last lap Finish	1.28	7:00	5:28	8	1:48	56	2:40	10.00	53:37	5:21	8	12:15	54	16:11	