



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Schulz, Hartmut

Club: DreamTeam Ilmenau
Number: 236

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 54:01

Speed: 11.11 km/h
Running performance: 5:24 min/km

Rank in course/Total: 68 (of 84)

Rank in course/Men: 55 (of 61)

Best time in course: 37:26

Rank in category: 1(of 1)

Best time in the category: 54:01

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	8:37	5:09	1	-	58	2:36	1.67	8:37	5:09	1	-	58	2:36
Lap 2	2.35	12:30	5:19	1	-	54	3:30	4.02	21:07	5:15	1	-	56	6:01
Lap 3	2.35	12:49	5:27	1	-	53	3:51	6.37	33:56	5:19	1	-	56	9:43
Lap 4	2.35	12:59	5:31	1	-	51	4:07	8.72	46:55	5:22	1	-	55	13:49
Last lap Finish	1.28	7:06	5:32	1	-	58	2:46	10.00	54:01	5:24	1	-	55	16:35