



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Fleischer, Stephan

Club: katholische Laufjugend Arnstadt
Number: 247

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 54:12

Speed: 11.07 km/h
Running performance: 5:25 min/km

Rank in course/Total: 69 (of 84)

Rank in course/Men: 56 (of 61)

Best time in course: 37:26

Rank in category: 8(of 9)

Best time in the category: 41:29

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	8:12	4:54	8	1:30	51	2:11	1.67	8:12	4:54	8	1:30	51	2:11	
Lap 2	2.35	12:23	5:16	8	2:36	52	3:23	4.02	20:35	5:07	8	4:04	52	5:29	
Lap 3	2.35	13:11	5:36	9	3:26	58	4:13	6.37	33:46	5:18	8	7:29	53	9:33	
Lap 4	2.35	13:30	5:44	9	3:39	58	4:38	8.72	47:16	5:25	8	11:06	56	14:10	
Last lap Finish	1.28	6:56	5:25	8	1:42	54	2:36	10.00	54:12	5:25	8	12:43	56	16:46	