



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Müller, Michael

Club: fast&slow  
Number: 229

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 54:29

Speed: 11.01 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 72 (of 84)

Rank in course/Men: 57 (of 61)

Best time in course: 37:26

Rank in category: 9(of 9)

Best time in the category: 41:29

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	8:33	5:07	9	1:51	56	2:32	1.67	8:33	5:07	9	1:51	56	2:32
Lap 2	2.35	12:39	5:22	9	2:52	56	3:39	4.02	21:12	5:16	9	4:41	57	6:06
Lap 3	2.35	12:59	5:31	8	3:14	56	4:01	6.37	34:11	5:21	9	7:54	57	9:58
Lap 4	2.35	13:16	5:38	8	3:25	56	4:24	8.72	47:27	5:26	9	11:17	57	14:21
Last lap Finish	1.28	7:02	5:29	9	1:48	57	2:42	10.00	54:29	5:26	9	13:00	57	17:03