



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Meyer, Herbert

Club: Katholische Laufjugend Arnstadt e.V.
Number: 228

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 55:57

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 76 (of 84)

Rank in course/Men: 59 (of 61)

Best time in course: 37:26

Rank in category: 8(of 8)

Best time in the category: 37:29

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	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	8:02	4:48	8	1:47	49	2:01	1.67	8:02	4:48	8	1:47	49	2:01	
Lap 2	2.35	12:55	5:29	8	3:55	58	3:55	4.02	20:57	5:12	8	5:42	55	5:51	
Lap 3	2.35	13:29	5:44	8	4:31	59	4:31	6.37	34:26	5:24	8	10:13	58	10:13	
Lap 4	2.35	14:04	5:59	8	5:11	59	5:12	8.72	48:30	5:33	8	15:24	59	15:24	
Last lap Finish	1.28	7:27	5:49	8	3:04	59	3:07	10.00	55:57	5:35	8	18:28	59	18:31	