



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Kühn, Damian

Number: 251

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 79 (of 84)

Rank in course/Men: 60 (of 61)

Best time in course: 37:26

Rank in category: 14(of 14)

Best time in the category: 40:05

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	8:43	5:13	14	2:42	60	2:42	1.67	8:43	5:13	14	2:42	60	2:42
Lap 2	2.35	13:30	5:44	14	4:18	60	4:30	4.02	22:13	5:31	14	7:00	59	7:07
Lap 3	2.35	14:19	6:05	14	4:41	60	5:21	6.37	36:32	5:44	14	11:41	60	12:19
Lap 4	2.35	14:57	6:21	14	5:05	60	6:05	8.72	51:29	5:54	14	16:46	60	18:23
Last lap Finish	1.28	8:00	6:15	14	3:07	60	3:40	10.00	59:29	5:56	14	19:24	60	22:03