



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

**Neumann, Hans Jürgen**

Club: Escola Popular  
Number: 270

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:00:49

Speed: 9.87 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 81 (of 84)

Rank in course/Men: 61 (of 61)

Best time in course: 37:26

Rank in category: 5(of 5)

Best time in the category: 41:40

### 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	8:41	5:11	4	2:05	59	2:40	1.67	8:41	5:11	4	2:05	59	2:40
Lap 2	2.35	13:49	5:52	5	4:08	61	4:49	4.02	22:30	5:35	5	6:13	61	7:24
Lap 3	2.35	15:11	6:27	5	5:10	61	6:13	6.37	37:41	5:54	5	11:23	61	13:28
Lap 4	2.35	15:02	6:23	5	5:02	61	6:10	8.72	52:43	6:02	5	16:25	61	19:37
Last lap Finish	1.28	8:06	6:19	5	2:44	61	3:46	10.00	1:00:49	6:04	5	19:09	61	23:23