



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Launer, Werner

Number: 101

Course: 5.00 km
 n3 5-km-Lauf

Category:
 Senioren M60 (60-64 Jahre)

Total time: 36:51

Speed: 8.14 km/h

Running performance: 7:22 min/km

Rank in course/Total: 55 (of 56)

Rank in course/Men: 35 (of 36)

Best time in course: 19:26

Rank in category: 1(of 1)

Best time in the category: 36:51

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	1.38	9:25	6:49	1	-	34	4:01	1.38	9:25	6:49	1	-	34	4:01
Lap 2	2.34	18:02	7:42	1	-	34	8:50	3.72	27:27	7:22	1	-	34	12:50
Last lap Finish	1.28	9:24	7:20	1	-	34	4:35	5.00	36:51	7:22	1	-	35	17:25