



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Meinecke, Thomas

Club: SV TU Ilmneau  
Number: 288

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 37:29

Speed: 16.01 km/h  
Running performance: 3:45 min/km

Rank in course/Total: 2 (of 84)

Rank in course/Men: 2 (of 61)

Best time in course: 37:26

Rank in category: 1(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:15	3:44	1	-	5	0:14	1.67	6:15	3:44	1	-	5	0:14
Lap 2	2.35	9:00	3:49	1	-	1	-	4.02	15:15	3:47	1	-	3	0:09
Lap 3	2.35	8:58	3:48	1	-	1	-	6.37	24:13	3:48	1	-	1	-
Lap 4	2.35	8:53	3:46	1	-	2	0:01	8.72	33:06	3:47	1	-	1	-
Last lap Finish	1.28	4:23	3:25	1	-	2	0:03	10.00	37:29	3:44	1	-	2	0:03