



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Deckert, Thomas

Club: LG Erfurt e.V.
Number: 271

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 40:05

Speed: 14.97 km/h
Running performance: 4:01 min/km

Rank in course/Total: 3 (of 84)

Rank in course/Men: 3 (of 61)

Best time in course: 37:26

Rank in category: 1(of 14)

Best time in the category: 40:05

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	6:01	3:36	1	-	1	-	1.67	6:01	3:36	1	-	1	-
Lap 2	2.35	9:12	3:54	1	-	3	0:12	4.02	15:13	3:47	1	-	2	0:07
Lap 3	2.35	9:38	4:05	1	-	3	0:40	6.37	24:51	3:54	1	-	3	0:38
Lap 4	2.35	9:52	4:11	1	-	4	1:00	8.72	34:43	3:58	1	-	3	1:37
Last lap Finish	1.28	5:22	4:11	4	0:29	14	1:02	10.00	40:05	4:00	1	-	3	2:39