



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Trefflich, Denny

Club: Sv Ictershausen
Number: 261

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 40:58

Speed: 14.65 km/h
Running performance: 4:06 min/km

Rank in course/Total: 4 (of 84)

Rank in course/Men: 4 (of 61)

Best time in course: 37:26

Rank in category: 2(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	6:10	3:41	2	0:09	4	0:09	1.67	6:10	3:41	2	0:09	4	0:09
Lap 2	2.35	9:38	4:05	2	0:26	4	0:38	4.02	15:48	3:55	2	0:35	5	0:42
Lap 3	2.35	10:01	4:15	3	0:23	12	1:03	6.37	25:49	4:03	2	0:58	4	1:36
Lap 4	2.35	9:53	4:12	2	0:01	7	1:01	8.72	35:42	4:05	2	0:59	4	2:36
Last lap Finish	1.28	5:16	4:06	2	0:23	9	0:56	10.00	40:58	4:05	2	0:53	4	3:32