



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Zeiger, Thomas

Club: katholische Laufjugend Arnstadt
Number: 260

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 41:22

Speed: 14.50 km/h
Running performance: 4:08 min/km

Rank in course/Total: 9 (of 84)

Rank in course/Men: 8 (of 61)

Best time in course: 37:26

Rank in category: 1(of 8)

Best time in the category: 41:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	6:51	4:06	3	0:04	19	0:50	1.67	6:51	4:06	3	0:04	19	0:50
Lap 2	2.35	9:42	4:07	1	-	6	0:42	4.02	16:33	4:07	1	-	13	1:27
Lap 3	2.35	9:42	4:07	1	-	4	0:44	6.37	26:15	4:07	1	-	7	2:02
Lap 4	2.35	9:55	4:13	1	-	8	1:03	8.72	36:10	4:08	1	-	7	3:04
Last lap Finish	1.28	5:12	4:03	1	-	5	0:52	10.00	41:22	4:08	1	-	8	3:56