



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

**Brandt, Christoph**

Club: USV Erfurt  
Number: 307

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 34:06

Speed: 17.60 km/h  
Running performance: 3:25 min/km

Rank in course/Total: 1 (of 127)

Rank in course/Men: 1 (of 105)

Best time in course: 34:06

Rank in category: 1(of 12)

Best time in the category: 34:06

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	5:24	3:14	1	-	1	-	1.67	5:24	3:14	1	-	1	-
Lap 2	2.35	8:02	3:25	1	-	1	-	4.02	13:26	3:20	1	-	1	-
Lap 3	2.35	8:04	3:25	1	-	2	0:29	6.37	21:30	3:22	1	-	1	-
Lap 4	2.35	8:07	3:27	1	-	1	-	8.72	29:37	3:23	1	-	1	-
Last lap Finish	1.28	4:29	3:30	1	-	2	0:08	10.00	34:06	3:24	1	-	1	-