



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Wagner, Frank

Club: Rennsteiglaufverein
Number: 427

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 35:12

Speed: 17.05 km/h
Running performance: 3:31 min/km

Rank in course/Total: 2 (of 127)

Rank in course/Men: 2 (of 105)

Best time in course: 34:06

Rank in category: 2(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.	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	5:28	3:16	2	0:04	2	0:04	1.67	5:28	3:16	2	0:04	2	0:04
Lap 2	2.35	8:16	3:31	2	0:14	2	0:14	4.02	13:44	3:24	2	0:18	2	0:18
Lap 3	2.35	8:19	3:32	2	0:15	3	0:44	6.37	22:03	3:27	2	0:33	2	0:33
Lap 4	2.35	8:24	3:34	2	0:17	2	0:17	8.72	30:27	3:29	2	0:50	2	0:50
Last lap Finish	1.28	4:45	3:42	2	0:16	3	0:24	10.00	35:12	3:31	2	1:06	2	1:06