



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Keller, Toni

Club: VSG Saaletal Wettir

Number: 435

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 35:59

Speed: 16.67 km/h

Running performance: 3:36 min/km

Rank in course/Total: 3 (of 127)

Rank in course/Men: 3 (of 105)

Best time in course: 34:06

Rank in category: 1(of 22)

Best time in the category: 35:59

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	5:29	3:17	1	-	3	0:05	1.67	5:29	3:17	1	-	3	0:05
Lap 2	2.35	8:23	3:34	1	-	4	0:21	4.02	13:52	3:26	1	-	3	0:26
Lap 3	2.35	8:40	3:41	1	-	5	1:05	6.37	22:32	3:32	1	-	3	1:02
Lap 4	2.35	8:38	3:40	1	-	3	0:31	8.72	31:10	3:34	1	-	3	1:33
Last lap Finish	1.28	4:49	3:45	1	-	4	0:28	10.00	35:59	3:35	1	-	3	1:53