



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Häßner, Philipp

Club: sc impuls erfurt
Number: 325

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 36:09

Speed: 16.60 km/h
Running performance: 3:37 min/km

Rank in course/Total: 4 (of 127)

Rank in course/Men: 4 (of 105)

Best time in course: 34:06

Rank in category: 1(of 6)

Best time in the category: 36:09

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	5:36	3:21	1	-	4	0:12	1.67	5:36	3:21	1	-	4	0:12
Lap 2	2.35	8:22	3:33	1	-	3	0:20	4.02	13:58	3:28	1	-	4	0:32
Lap 3	2.35	8:34	3:38	2	0:59	4	0:59	6.37	22:32	3:32	1	-	3	1:02
Lap 4	2.35	8:44	3:42	1	-	4	0:37	8.72	31:16	3:35	1	-	4	1:39
Last lap Finish	1.28	4:53	3:48	1	-	7	0:32	10.00	36:09	3:36	1	-	4	2:03