



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Krecker, Martin

Club: Arnstadt

Number: 345

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 37:48

Speed: 15.87 km/h

Running performance: 3:47 min/km

Rank in course/Total: 6 (of 127)

Rank in course/Men: 6 (of 105)

Best time in course: 34:06

Rank in category: 2(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	5:44	3:25	2	0:15	6	0:20	1.67	5:44	3:25	2	0:15	6	0:20
Lap 2	2.35	8:49	3:45	2	0:26	6	0:47	4.02	14:33	3:37	2	0:41	6	1:07
Lap 3	2.35	9:03	3:51	2	0:23	6	1:28	6.37	23:36	3:42	2	1:04	5	2:06
Lap 4	2.35	9:09	3:53	2	0:31	6	1:02	8.72	32:45	3:45	2	1:35	6	3:08
Last lap Finish	1.28	5:03	3:56	4	0:14	10	0:42	10.00	37:48	3:46	2	1:49	6	3:42