



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Peppler, Roland

Club: WSV Ilmenau
Number: 418

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 37:51

Speed: 15.85 km/h
Running performance: 3:47 min/km

Rank in course/Total: 7 (of 127)

Rank in course/Men: 7 (of 105)

Best time in course: 34:06

Rank in category: 1(of 13)

Best time in the category: 37:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time					
Lap 1	1.67	5:47	3:27	1	-	8	0:23	1.67	5:47	3:27	1	-	8	0:23
Lap 2	2.35	8:54	3:47	1	-	8	0:52	4.02	14:41	3:39	1	-	7	1:15
Lap 3	2.35	9:25	4:00	1	-	10	1:50	6.37	24:06	3:47	1	-	8	2:36
Lap 4	2.35	9:24	4:00	1	-	7	1:17	8.72	33:30	3:50	1	-	7	3:53
Last lap Finish	1.28	4:21	3:23	1	-	1	-	10.00	37:51	3:47	1	-	7	3:45