



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Seckel, Toni

Club: Topdev Aktiv

Number: 431

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 38:42

Speed: 15.50 km/h

Running performance: 3:52 min/km

Rank in course/Total: 8 (of 127)

Rank in course/Men: 8 (of 105)

Best time in course: 34:06

Rank in category: 3(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	5:56	3:33	3	0:27	10	0:32	1.67	5:56	3:33	3	0:27	10	0:32
Lap 2	2.35	8:57	3:48	3	0:34	9	0:55	4.02	14:53	3:42	3	1:01	9	1:27
Lap 3	2.35	9:13	3:55	3	0:33	8	1:38	6.37	24:06	3:47	3	1:34	8	2:36
Lap 4	2.35	9:24	4:00	3	0:46	7	1:17	8.72	33:30	3:50	3	2:20	7	3:53
Last lap Finish	1.28	5:12	4:03	5	0:23	13	0:51	10.00	38:42	3:52	3	2:43	8	4:36