



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Häßner, Julian

Club: sc impuls erfurt
Number: 324

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 39:00

Speed: 15.38 km/h
Running performance: 3:54 min/km

Rank in course/Total: 9 (of 127)

Rank in course/Men: 9 (of 105)

Best time in course: 34:06

Rank in category: 2(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.	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	5:49	3:28	2	0:13	9	0:25	1.67	5:49	3:28	2	0:13	9	0:25
Lap 2	2.35	9:04	3:51	3	0:42	10	1:02	4.02	14:53	3:42	2	0:55	9	1:27
Lap 3	2.35	9:23	3:59	3	1:48	9	1:48	6.37	24:16	3:48	3	1:44	10	2:46
Lap 4	2.35	9:26	4:00	2	0:42	9	1:19	8.72	33:42	3:51	2	2:26	9	4:05
Last lap Finish	1.28	5:18	4:08	3	0:25	17	0:57	10.00	39:00	3:53	2	2:51	9	4:54