



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Keith, Kevin

Club: RSV Adler Arnstadt

Number: 438

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 39:18

Speed: 15.27 km/h

Running performance: 3:56 min/km

Rank in course/Total: 10 (of 127)

Rank in course/Men: 10 (of 105)

Best time in course: 34:06

Rank in category: 4(of 12)

Best time in the category: 34:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	5:58	3:34	4	0:34	11	0:34	1.67	5:58	3:34	4	0:34	11	0:34
Lap 2	2.35	9:10	3:54	4	1:08	12	1:08	4.02	15:08	3:45	4	1:42	11	1:42
Lap 3	2.35	9:28	4:01	4	1:24	15	1:53	6.37	24:36	3:51	4	3:06	12	3:06
Lap 4	2.35	9:34	4:04	4	1:27	14	1:27	8.72	34:10	3:55	4	4:33	11	4:33
Last lap Finish	1.28	5:08	4:00	4	0:39	11	0:47	10.00	39:18	3:55	4	5:12	10	5:12