



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Reuter, Steve

Club: SG Catharinau

Number: 364

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 39:25

Speed: 15.22 km/h

Running performance: 3:56 min/km

Rank in course/Total: 11 (of 127)

Rank in course/Men: 11 (of 105)

Best time in course: 34:06

Rank in category: 1(of 15)

Best time in the category: 39:25

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 | 5:45 | 3:26 | 1 | - | 7 | 0:21 | 1.67 | 5:45 | 3:26 | 1 | - | 7 | 0:21 |
| Lap 2 | 2.35 | 9:06 | 3:52 | 1 | - | 11 | 1:04 | 4.02 | 14:51 | 3:41 | 1 | - | 8 | 1:25 |
| Lap 3 | 2.35 | 9:30 | 4:02 | 1 | - | 16 | 1:55 | 6.37 | 24:21 | 3:49 | 1 | - | 11 | 2:51 |
| Lap 4 | 2.35 | 9:41 | 4:07 | 1 | - | 15 | 1:34 | 8.72 | 34:02 | 3:54 | 1 | - | 10 | 4:25 |
| Last lap Finish | 1.28 | 5:23 | 4:12 | 2 | 0:06 | 19 | 1:02 | 10.00 | 39:25 | 3:56 | 1 | - | 11 | 5:19 |