



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt
Number: 423

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 39:40

Speed: 15.13 km/h
Running performance: 3:58 min/km

Rank in course/Total: 12 (of 127)

Rank in course/Men: 12 (of 105)

Best time in course: 34:06

Rank in category: 4(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	6:27	3:51	7	0:58	23	1:03	1.67	6:27	3:51	7	0:58	23	1:03
Lap 2	2.35	9:30	4:02	4	1:07	18	1:28	4.02	15:57	3:58	5	2:05	17	2:31
Lap 3	2.35	9:26	4:00	4	0:46	11	1:51	6.37	25:23	3:59	4	2:51	17	3:53
Lap 4	2.35	9:27	4:01	4	0:49	10	1:20	8.72	34:50	3:59	4	3:40	14	5:13
Last lap Finish	1.28	4:50	3:46	2	0:01	5	0:29	10.00	39:40	3:57	4	3:41	12	5:34