



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Hofmann, Mario

Club: Die flinken Gerataler/TSV 1880 Elgersburg
Number: 331

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 39:52

Speed: 15.05 km/h
Running performance: 3:59 min/km

Rank in course/Total: 14 (of 127)

Rank in course/Men: 13 (of 105)

Best time in course: 34:06

Rank in category: 2(of 13)

Best time in the category: 37:51

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Lap 1	1.67	6:18	3:46	3	0:31	17	0:54	1.67	6:18	3:46	3	0:31	17	0:54
Lap 2	2.35	9:25	4:00	3	0:31	15	1:23	4.02	15:43	3:54	3	1:02	14	2:17
Lap 3	2.35	9:27	4:01	3	0:02	13	1:52	6.37	25:10	3:57	2	1:04	14	3:40
Lap 4	2.35	9:32	4:03	3	0:08	12	1:25	8.72	34:42	3:58	2	1:12	12	5:05
Last lap Finish	1.28	5:10	4:02	3	0:49	12	0:49	10.00	39:52	3:59	2	2:01	13	5:46