



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

haak, Joerg

Club: arnstadt

Number: 322

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 40:20

Speed: 14.88 km/h

Running performance: 4:02 min/km

Rank in course/Total: 16 (of 127)

Rank in course/Men: 16 (of 105)

Best time in course: 34:06

Rank in category: 4(of 13)

Best time in the category: 37:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:13	3:43	2	0:26	14	0:49	1.67	6:13	3:43	2	0:26	14	0:49
Lap 2	2.35	9:21	3:58	2	0:27	13	1:19	4.02	15:34	3:52	2	0:53	13	2:08
Lap 3	2.35	9:37	4:05	4	0:12	17	2:02	6.37	25:11	3:57	3	1:05	16	3:41
Lap 4	2.35	9:44	4:08	4	0:20	16	1:37	8.72	34:55	4:00	4	1:25	16	5:18
Last lap Finish	1.28	5:25	4:13	4	1:04	20	1:04	10.00	40:20	4:01	4	2:29	16	6:14