



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Mehr, Ralf

Club: PSV Meiningen

Number: 352

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 40:50

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 18 (of 127)

Rank in course/Men: 18 (of 105)

Best time in course: 34:06

Rank in category: 2(of 12)

Best time in the category: 39:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	6:11	3:42	1	-	13	0:47	1.67	6:11	3:42	1	-	13	0:47
Lap 2	2.35	9:21	3:58	1	-	13	1:19	4.02	15:32	3:51	1	-	12	2:06
Lap 3	2.35	9:37	4:05	2	0:10	17	2:02	6.37	25:09	3:56	1	-	13	3:39
Lap 4	2.35	9:56	4:13	3	0:24	22	1:49	8.72	35:05	4:01	2	0:23	17	5:28
Last lap Finish	1.28	5:45	4:29	5	0:28	37	1:24	10.00	40:50	4:05	2	0:51	18	6:44