



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Häfner, Sven

Club: WSC-Ober-Unterschönau

Number: 323

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 40:51

Speed: 14.69 km/h

Running performance: 4:05 min/km

Rank in course/Total: 19 (of 127)

Rank in course/Men: 19 (of 105)

Best time in course: 34:06

Rank in category: 3(of 6)

Best time in the category: 36:09

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	6:18	3:46	3	0:42	17	0:54	1.67	6:18	3:46	3	0:42	17	0:54
Lap 2	2.35	9:46	4:09	4	1:24	28	1:44	4.02	16:04	3:59	3	2:06	23	2:38
Lap 3	2.35	9:49	4:10	4	2:14	24	2:14	6.37	25:53	4:03	4	3:21	24	4:23
Lap 4	2.35	9:45	4:08	3	1:01	17	1:38	8.72	35:38	4:05	3	4:22	20	6:01
Last lap Finish	1.28	5:13	4:04	2	0:20	14	0:52	10.00	40:51	4:05	3	4:42	19	6:45