



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

**Stutzig, Henrik**

Club: Katholische Laufjugend

Number: 382

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 41:05

Speed: 14.60 km/h

Running performance: 4:07 min/km

Rank in course/Total: 20 (of 127)

Rank in course/Men: 20 (of 105)

Best time in course: 34:06

Rank in category: 3(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:25	3:50	4	0:14	21	1:01	1.67	6:25	3:50	4	0:14	21	1:01
Lap 2	2.35	9:34	4:04	3	0:13	19	1:32	4.02	15:59	3:58	4	0:27	21	2:33
Lap 3	2.35	9:41	4:07	3	0:14	19	2:06	6.37	25:40	4:01	3	0:31	19	4:10
Lap 4	2.35	9:53	4:12	2	0:21	18	1:46	8.72	35:33	4:04	3	0:51	18	5:56
Last lap Finish	1.28	5:32	4:19	2	0:15	23	1:11	10.00	41:05	4:06	3	1:06	20	6:59