



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Ohlhorst, Frank

Club: Team Erdinger Alkoholfrei

Number: 360

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 41:26

Speed: 14.48 km/h

Running performance: 4:08 min/km

Rank in course/Total: 21 (of 127)

Rank in course/Men: 21 (of 105)

Best time in course: 34:06

Rank in category: 1(of 11)

Best time in the category: 41:26

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	6:33	3:55	1	-	31	1:09	1.67	6:33	3:55	1	-	31	1:09
Lap 2	2.35	9:40	4:06	1	-	23	1:38	4.02	16:13	4:02	1	-	26	2:47
Lap 3	2.35	9:45	4:08	1	-	21	2:10	6.37	25:58	4:04	1	-	25	4:28
Lap 4	2.35	9:54	4:12	1	-	20	1:47	8.72	35:52	4:06	1	-	21	6:15
Last lap Finish	1.28	5:34	4:20	2	0:05	24	1:13	10.00	41:26	4:08	1	-	21	7:20