



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Winter, Torsten

Club: SV Ictershausen
Number: 392

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 41:33

Speed: 14.44 km/h
Running performance: 4:10 min/km

Rank in course/Total: 23 (of 127)

Rank in course/Men: 23 (of 105)

Best time in course: 34:06

Rank in category: 4(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	6:13	3:43	2	0:02	14	0:49	1.67	6:13	3:43	2	0:02	14	0:49
Lap 2	2.35	9:44	4:08	4	0:23	24	1:42	4.02	15:57	3:58	3	0:25	17	2:31
Lap 3	2.35	9:54	4:12	4	0:27	25	2:19	6.37	25:51	4:03	4	0:42	23	4:21
Lap 4	2.35	10:02	4:16	4	0:30	24	1:55	8.72	35:53	4:06	4	1:11	22	6:16
Last lap Finish	1.28	5:40	4:25	3	0:23	27	1:19	10.00	41:33	4:09	4	1:34	23	7:27