



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Trefflich, Denny

Club: SV Ictershausen
Number: 384

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:33

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

Rank in course/Total: 24 (of 127)

Rank in course/Men: 23 (of 105)

Best time in course: 34:06

Rank in category: 6(of 22)

Best time in the category: 35:59

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	6:05	3:38	4	0:36	12	0:41	1.67	6:05	3:38	4	0:36	12	0:41
Lap 2	2.35	9:45	4:08	8	1:22	26	1:43	4.02	15:50	3:56	4	1:58	16	2:24
Lap 3	2.35	9:59	4:14	6	1:19	26	2:24	6.37	25:49	4:03	6	3:17	21	4:19
Lap 4	2.35	10:04	4:17	6	1:26	25	1:57	8.72	35:53	4:06	6	4:43	22	6:16
Last lap Finish	1.28	5:40	4:25	8	0:51	27	1:19	10.00	41:33	4:09	6	5:34	23	7:27