



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Banzer, Roland

Club: Katholische Laufjugend Arnstadt
Number: 421

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 41:29

Speed: 14.46 km/h
Running performance: 4:09 min/km

Rank in course/Total: 22 (of 127)

Rank in course/Men: 22 (of 105)

Best time in course: 34:06

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:34	3:55	2	0:01	32	1:10	1.67	6:34	3:55	2	0:01	32	1:10
Lap 2	2.35	9:45	4:08	2	0:05	26	1:43	4.02	16:19	4:03	2	0:06	27	2:53
Lap 3	2.35	9:47	4:09	2	0:02	23	2:12	6.37	26:06	4:05	2	0:08	26	4:36
Lap 4	2.35	9:54	4:12	1	-	20	1:47	8.72	36:00	4:07	2	0:08	24	6:23
Last lap Finish	1.28	5:29	4:17	1	-	21	1:08	10.00	41:29	4:08	2	0:03	22	7:23