



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Schnauß, Markus

Club: Katholische Laufjugend Arnstadt
Number: 394

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 41:50

Speed: 14.34 km/h
Running performance: 4:11 min/km

Rank in course/Total: 25 (of 127)

Rank in course/Men: 25 (of 105)

Best time in course: 34:06

Rank in category: 2(of 15)

Best time in the category: 39:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	6:29	3:52	2	0:44	24	1:05	1.67	6:29	3:52	2	0:44	24	1:05
Lap 2	2.35	9:35	4:04	2	0:29	21	1:33	4.02	16:04	3:59	2	1:13	23	2:38
Lap 3	2.35	9:46	4:09	2	0:16	22	2:11	6.37	25:50	4:03	2	1:29	22	4:20
Lap 4	2.35	10:16	4:22	4	0:35	29	2:09	8.72	36:06	4:08	2	2:04	25	6:29
Last lap Finish	1.28	5:44	4:28	4	0:27	35	1:23	10.00	41:50	4:11	2	2:25	25	7:44