



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Kneise, Wolfram

Club: Katholische Laufjugend Arnstadt
Number: 337

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 41:51

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

Rank in course/Total: 26 (of 127)

Rank in course/Men: 26 (of 105)

Best time in course: 34:06

Rank in category: 7(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	6:35	3:56	8	1:06	33	1:11	1.67	6:35	3:56	8	1:06	33	1:11
Lap 2	2.35	9:44	4:08	7	1:21	24	1:42	4.02	16:19	4:03	8	2:27	27	2:53
Lap 3	2.35	10:03	4:16	7	1:23	27	2:28	6.37	26:22	4:08	7	3:50	27	4:52
Lap 4	2.35	10:11	4:19	7	1:33	27	2:04	8.72	36:33	4:11	7	5:23	26	6:56
Last lap Finish	1.28	5:18	4:08	6	0:29	17	0:57	10.00	41:51	4:11	7	5:52	26	7:45