



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Hess, Danny

Club: Eisenach
Number: 329

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 42:51

Speed: 14.00 km/h
Running performance: 4:17 min/km

Rank in course/Total: 28 (of 127)

Rank in course/Men: 28 (of 105)

Best time in course: 34:06

Rank in category: 5(of 12)

Best time in the category: 39:59

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	6:31	3:54	5	0:20	27	1:07	1.67	6:31	3:54	5	0:20	27	1:07	
Lap 2	2.35	10:02	4:16	5	0:41	29	2:00	4.02	16:33	4:07	5	1:01	31	3:07	
Lap 3	2.35	10:16	4:22	5	0:49	30	2:41	6.37	26:49	4:12	5	1:40	29	5:19	
Lap 4	2.35	10:20	4:23	5	0:48	31	2:13	8.72	37:09	4:15	5	2:27	28	7:32	
Last lap Finish	1.28	5:42	4:27	4	0:25	31	1:21	10.00	42:51	4:17	5	2:52	28	8:45	