



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 | 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 | 6:31 | 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 |