



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Glock, Carsten

Club: Katholische Laufjugend Arnstadt
Number: 420

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 43:01

Speed: 13.95 km/h
Running performance: 4:18 min/km

Rank in course/Total: 31 (of 127)

Rank in course/Men: 31 (of 105)

Best time in course: 34:06

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:47	4:03	9	1:18	39	1:23	1.67	6:47	4:03	9	1:18	39	1:23
Lap 2	2.35	10:11	4:19	9	1:48	34	2:09	4.02	16:58	4:13	9	3:06	37	3:32
Lap 3	2.35	10:21	4:24	8	1:41	33	2:46	6.37	27:19	4:17	9	4:47	35	5:49
Lap 4	2.35	10:11	4:19	7	1:33	27	2:04	8.72	37:30	4:18	8	6:20	31	7:53
Last lap Finish	1.28	5:31	4:18	7	0:42	22	1:10	10.00	43:01	4:18	8	7:02	31	8:55