



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kurtz, Ralf

Club: Erfurt
Number: 346

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 43:27

Speed: 13.81 km/h
Running performance: 4:20 min/km

Rank in course/Total: 33 (of 127)

Rank in course/Men: 32 (of 105)

Best time in course: 34:06

Rank in category: 4(of 11)

Best time in the category: 41:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	1.67	6:36	3:57	3	0:03	34	1:12	1.67	6:36	3:57	3	0:03	34	1:12
Lap 2	2.35	10:24	4:25	5	0:44	42	2:22	4.02	17:00	4:13	5	0:47	38	3:34
Lap 3	2.35	10:23	4:25	4	0:38	35	2:48	6.37	27:23	4:17	4	1:25	37	5:53
Lap 4	2.35	10:27	4:26	4	0:33	33	2:20	8.72	37:50	4:20	4	1:58	33	8:13
Last lap Finish	1.28	5:37	4:23	3	0:08	25	1:16	10.00	43:27	4:20	4	2:01	32	9:21