



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Curth, Philipp

Club: SV Wandersleben

Number: 430

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 43:44

Speed: 13.72 km/h

Running performance: 4:22 min/km

Rank in course/Total: 35 (of 127)

Rank in course/Men: 34 (of 105)

Best time in course: 34:06

Rank in category: 9(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	6:19	3:46	5	0:50	20	0:55	1.67	6:19	3:46	5	0:50	20	0:55
Lap 2	2.35	9:39	4:06	6	1:16	22	1:37	4.02	15:58	3:58	6	2:06	20	2:32
Lap 3	2.35	10:25	4:25	9	1:45	37	2:50	6.37	26:23	4:08	8	3:51	28	4:53
Lap 4	2.35	11:13	4:46	11	2:35	51	3:06	8.72	37:36	4:18	9	6:26	32	7:59
Last lap Finish	1.28	6:08	4:47	10	1:19	52	1:47	10.00	43:44	4:22	9	7:45	34	9:38