



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Meurer, Ingo

Club: Die flinken Gerataler/SV Olympia Neustadt
Number: 353

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:54

Speed: 13.67 km/h

Running performance: 4:23 min/km

Rank in course/Total: 38 (of 127)

Rank in course/Men: 37 (of 105)

Best time in course: 34:06

Rank in category: 6(of 13)

Best time in the category: 37:51

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	6:49	4:04	9	1:02	40	1:25	1.67	6:49	4:04	9	1:02	40	1:25	
Lap 2	2.35	10:15	4:21	6	1:21	37	2:13	4.02	17:04	4:14	6	2:23	40	3:38	
Lap 3	2.35	10:34	4:29	7	1:09	41	2:59	6.37	27:38	4:20	6	3:32	40	6:08	
Lap 4	2.35	10:33	4:29	7	1:09	35	2:26	8.72	38:11	4:22	6	4:41	39	8:34	
Last lap Finish	1.28	5:43	4:27	6	1:22	33	1:22	10.00	43:54	4:23	6	6:03	37	9:48	