



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Becker, Markus

Club: Arnstadt

Number: 403

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 43:47

Speed: 13.70 km/h

Running performance: 4:23 min/km

Rank in course/Total: 37 (of 127)

Rank in course/Men: 36 (of 105)

Best time in course: 34:06

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:50	4:05	5	0:17	41	1:26	1.67	6:50	4:05	5	0:17	41	1:26
Lap 2	2.35	10:07	4:18	4	0:27	33	2:05	4.02	16:57	4:12	4	0:44	36	3:31
Lap 3	2.35	10:33	4:29	5	0:48	40	2:58	6.37	27:30	4:19	5	1:32	38	6:00
Lap 4	2.35	10:33	4:29	5	0:39	35	2:26	8.72	38:03	4:21	5	2:11	37	8:26
Last lap Finish	1.28	5:44	4:28	5	0:15	35	1:23	10.00	43:47	4:22	5	2:21	36	9:41