



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 432

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:55

Speed: 13.66 km/h
Running performance: 4:23 min/km

Rank in course/Total: 39 (of 127)

Rank in course/Men: 38 (of 105)

Best time in course: 34:06

Rank in category: 7(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	6:45	4:02	8	0:58	37	1:21	1.67	6:45	4:02	8	0:58	37	1:21
Lap 2	2.35	10:29	4:27	7	1:35	46	2:27	4.02	17:14	4:17	9	2:33	43	3:48
Lap 3	2.35	10:32	4:28	6	1:07	39	2:57	6.37	27:46	4:21	7	3:40	42	6:16
Lap 4	2.35	10:26	4:26	5	1:02	32	2:19	8.72	38:12	4:22	7	4:42	40	8:35
Last lap Finish	1.28	5:43	4:27	6	1:22	33	1:22	10.00	43:55	4:23	7	6:04	38	9:49