



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Amendt, Philipp

Club: SV Ichttershausen
Number: 417

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 44:11

Speed: 13.58 km/h
Running performance: 4:25 min/km

Rank in course/Total: 43 (of 127)

Rank in course/Men: 41 (of 105)

Best time in course: 34:06

Rank in category: 6(of 12)

Best time in the category: 34:06

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 | 6:29 | 3:52 | 5 | 1:05 | 24 | 1:05 | 1.67 | 6:29 | 3:52 | 5 | 1:05 | 24 | 1:05 |
| Lap 2 | 2.35 | 10:17 | 4:22 | 5 | 2:15 | 38 | 2:15 | 4.02 | 16:46 | 4:10 | 5 | 3:20 | 33 | 3:20 |
| Lap 3 | 2.35 | 10:45 | 4:34 | 6 | 2:41 | 47 | 3:10 | 6.37 | 27:31 | 4:19 | 6 | 6:01 | 39 | 6:01 |
| Lap 4 | 2.35 | 10:42 | 4:33 | 6 | 2:35 | 40 | 2:35 | 8.72 | 38:13 | 4:22 | 6 | 8:36 | 41 | 8:36 |
| Last lap Finish | 1.28 | 5:58 | 4:39 | 5 | 1:29 | 46 | 1:37 | 10.00 | 44:11 | 4:25 | 6 | 10:05 | 41 | 10:05 |