



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Hengelhaupt, Thorsten

Club: SV Ichnershausen

Number: 328

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 44:01

Speed: 13.63 km/h

Running performance: 4:24 min/km

Rank in course/Total: 41 (of 127)

Rank in course/Men: 40 (of 105)

Best time in course: 34:06

Rank in category: 5(of 15)

Best time in the category: 39:25

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	7:00	4:11	5	1:15	48	1:36	1.67	7:00	4:11	5	1:15	48	1:36
Lap 2	2.35	10:19	4:23	5	1:13	40	2:17	4.02	17:19	4:18	4	2:28	44	3:53
Lap 3	2.35	10:24	4:25	5	0:54	36	2:49	6.37	27:43	4:21	4	3:22	41	6:13
Lap 4	2.35	10:33	4:29	5	0:52	35	2:26	8.72	38:16	4:23	5	4:14	42	8:39
Last lap Finish	1.28	5:45	4:29	5	0:28	37	1:24	10.00	44:01	4:24	5	4:36	40	9:55