



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

Schlegel, Andreas

Club: Marienstift Arnstadt

Number: 409

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:40

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 46 (of 127)

Rank in course/Men: 44 (of 105)

Best time in course: 34:06

Rank in category: 6(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	6:54	4:07	6	0:21	44	1:30	1.67	6:54	4:07	6	0:21	44	1:30
Lap 2	2.35	10:26	4:26	6	0:46	43	2:24	4.02	17:20	4:18	6	1:07	45	3:54
Lap 3	2.35	10:41	4:32	7	0:56	44	3:06	6.37	28:01	4:23	6	2:03	44	6:31
Lap 4	2.35	10:51	4:37	7	0:57	45	2:44	8.72	38:52	4:27	6	3:00	43	9:15
Last lap Finish	1.28	5:48	4:31	6	0:19	40	1:27	10.00	44:40	4:28	6	3:14	44	10:34