



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Höpping, Stefan

Club: SG Wachsenburg Haarhausen
Number: 332

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 45:05

Speed: 13.31 km/h
Running performance: 4:31 min/km

Rank in course/Total: 48 (of 127)

Rank in course/Men: 46 (of 105)

Best time in course: 34:06

Rank in category: 10(of 22)

Best time in the category: 35:59

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	7:12	4:18	11	1:43	55	1:48	1.67	7:12	4:18	11	1:43	55	1:48
Lap 2	2.35	10:42	4:33	10	2:19	48	2:40	4.02	17:54	4:27	11	4:02	51	4:28
Lap 3	2.35	10:43	4:33	10	2:03	46	3:08	6.37	28:37	4:29	10	6:05	49	7:07
Lap 4	2.35	10:46	4:34	9	2:08	41	2:39	8.72	39:23	4:30	10	8:13	47	9:46
Last lap Finish	1.28	5:42	4:27	9	0:53	31	1:21	10.00	45:05	4:30	10	9:06	46	10:59