



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Recknagel, Michael

Club: Suhl

Number: 419

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 45:15

Speed: 13.26 km/h

Running performance: 4:32 min/km

Rank in course/Total: 49 (of 127)

Rank in course/Men: 47 (of 105)

Best time in course: 34:06

Rank in category: 1(of 4)

Best time in the category: 45:15

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	7:23	4:25	1	-	58	1:59	1.67	7:23	4:25	1	-	58	1:59
Lap 2	2.35	10:42	4:33	1	-	48	2:40	4.02	18:05	4:29	1	-	56	4:39
Lap 3	2.35	10:41	4:32	1	-	44	3:06	6.37	28:46	4:30	1	-	50	7:16
Lap 4	2.35	10:37	4:31	1	-	39	2:30	8.72	39:23	4:30	1	-	47	9:46
Last lap Finish	1.28	5:52	4:34	1	-	41	1:31	10.00	45:15	4:31	1	-	47	11:09