



25. Arnstädter Citylauf  
Arnstadt / 25.04.2015

Detailed evaluation

Knoll, Markus

Club: KS Sportsworld  
Number: 426

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:26

Speed: 13.21 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 50 (of 127)

Rank in course/Men: 48 (of 105)

Best time in course: 34:06

Rank in category: 8(of 13)

Best time in the category: 37:51

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	6:42	4:00	7	0:55	35	1:18	1.67	6:42	4:00	7	0:55	35	1:18
Lap 2	2.35	10:30	4:28	8	1:36	47	2:28	4.02	17:12	4:16	7	2:31	41	3:46
Lap 3	2.35	10:56	4:39	8	1:31	49	3:21	6.37	28:08	4:24	8	4:02	47	6:38
Lap 4	2.35	11:08	4:44	8	1:44	50	3:01	8.72	39:16	4:30	8	5:46	46	9:39
Last lap Finish	1.28	6:10	4:49	9	1:49	55	1:49	10.00	45:26	4:32	8	7:35	48	11:20