



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

**Greiner, Mario**

Club: Arnstadt  
Number: 320

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 44:37

Speed: 13.45 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 45 (of 127)

Rank in course/Men: 43 (of 105)

Best time in course: 34:06

Rank in category: 6(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:53	4:07	4	1:08	43	1:29	1.67	6:53	4:07	4	1:08	43	1:29
Lap 2	2.35	10:28	4:27	6	1:22	45	2:26	4.02	17:21	4:18	5	2:30	46	3:55
Lap 3	2.35	10:45	4:34	6	1:15	47	3:10	6.37	28:06	4:24	6	3:45	46	6:36
Lap 4	2.35	10:46	4:34	6	1:05	41	2:39	8.72	38:52	4:27	6	4:50	43	9:15
Last lap Finish	1.28	5:45	4:29	5	0:28	37	1:24	10.00	44:37	4:27	6	5:12	43	10:31