



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt

Number: 378

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:52

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 51 (of 127)

Rank in course/Men: 49 (of 105)

Best time in course: 34:06

Rank in category: 6(of 12)

Best time in the category: 39:59

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	6:59	4:10	6	0:48	47	1:35	1.67	6:59	4:10	6	0:48	47	1:35
Lap 2	2.35	10:42	4:33	6	1:21	48	2:40	4.02	17:41	4:23	6	2:09	49	4:15
Lap 3	2.35	11:13	4:46	7	1:46	54	3:38	6.37	28:54	4:32	6	3:45	51	7:24
Lap 4	2.35	11:04	4:42	6	1:32	48	2:57	8.72	39:58	4:35	6	5:16	49	10:21
Last lap Finish	1.28	5:54	4:36	6	0:37	44	1:33	10.00	45:52	4:35	6	5:53	49	11:46