



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

**Sahl, Andreas**

Club: RSV Adler Arnstadt

Number: 367

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 44:45

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 47 (of 127)

Rank in course/Men: 45 (of 105)

Best time in course: 34:06

Rank in category: 7(of 11)

Best time in the category: 41:26

### 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	7:00	4:11	7	0:27	48	1:36	1.67	7:00	4:11	7	0:27	48	1:36
Lap 2	2.35	10:26	4:26	6	0:46	43	2:24	4.02	17:26	4:20	7	1:13	48	4:00
Lap 3	2.35	10:37	4:31	6	0:52	43	3:02	6.37	28:03	4:24	7	2:05	45	6:33
Lap 4	2.35	10:50	4:36	6	0:56	44	2:43	8.72	38:53	4:27	7	3:01	45	9:16
Last lap Finish	1.28	5:52	4:34	7	0:23	41	1:31	10.00	44:45	4:28	7	3:19	45	10:39