



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Harmut, Wächter

Club: LSV LOG Arnstadt

Number: 399

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 44:14

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 44 (of 127)

Rank in course/Men: 42 (of 105)

Best time in course: 34:06

Rank in category: 1(of 3)

Best time in the category: 44:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	6:32	3:54	1	-	29	1:08	1.67	6:32	3:54	1	-	29	1:08	
Lap 2	2.35	10:11	4:19	1	-	34	2:09	4.02	16:43	4:09	1	-	32	3:17	
Lap 3	2.35	10:35	4:30	1	-	42	3:00	6.37	27:18	4:17	1	-	34	5:48	
Lap 4	2.35	10:49	4:36	1	-	43	2:42	8.72	38:07	4:22	1	-	38	8:30	
Last lap Finish	1.28	6:07	4:46	1	-	51	1:46	10.00	44:14	4:25	1	-	42	10:08	