



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

**Gerngross, Thomas**

Club: ThSV 1886 Geschwenda

Number: 411

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 46:11

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 52 (of 127)

Rank in course/Men: 50 (of 105)

Best time in course: 34:06

Rank in category: 9(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	6:31	3:54	5	0:44	27	1:07	1.67	6:31	3:54	5	0:44	27	1:07
Lap 2	2.35	10:42	4:33	9	1:48	48	2:40	4.02	17:13	4:16	8	2:32	42	3:47
Lap 3	2.35	11:19	4:48	9	1:54	58	3:44	6.37	28:32	4:28	9	4:26	48	7:02
Lap 4	2.35	11:33	4:54	9	2:09	60	3:26	8.72	40:05	4:35	9	6:35	50	10:28
Last lap Finish	1.28	6:06	4:45	8	1:45	50	1:45	10.00	46:11	4:37	9	8:20	50	12:05