



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Qasimi, Zubair

Club: Emil-Petri-Schule

Number: 398

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 46:44

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 55 (of 127)

Rank in course/Men: 52 (of 105)

Best time in course: 34:06

Rank in category: 4(of 6)

Best time in the category: 36:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.			
Lap 1	1.67	7:03	4:13	4	1:27	51	1:39	1.67	7:03	4:13	4	1:27	51	1:39	
Lap 2	2.35	10:52	4:37	5	2:30	53	2:50	4.02	17:55	4:27	5	3:57	52	4:29	
Lap 3	2.35	11:24	4:51	5	3:49	60	3:49	6.37	29:19	4:36	5	6:47	53	7:49	
Lap 4	2.35	11:17	4:48	4	2:33	52	3:10	8.72	40:36	4:39	4	9:20	53	10:59	
Last lap Finish	1.28	6:08	4:47	5	1:15	52	1:47	10.00	46:44	4:40	4	10:35	52	12:38	