



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Riedel, Michael

Club: Arnstadt
Number: 365

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 46:50

Speed: 12.81 km/h
Running performance: 4:41 min/km

Rank in course/Total: 56 (of 127)

Rank in course/Men: 53 (of 105)

Best time in course: 34:06

Rank in category: 7(of 12)

Best time in the category: 34:06

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:24	4:25	8	2:00	60	2:00	1.67	7:24	4:25	8	2:00	60	2:00	
Lap 2	2.35	10:51	4:37	7	2:49	52	2:49	4.02	18:15	4:32	7	4:49	58	4:49	
Lap 3	2.35	11:16	4:47	8	3:12	56	3:41	6.37	29:31	4:38	7	8:01	58	8:01	
Lap 4	2.35	11:19	4:48	7	3:12	57	3:12	8.72	40:50	4:40	7	11:13	55	11:13	
Last lap Finish	1.28	6:00	4:41	6	1:31	47	1:39	10.00	46:50	4:41	7	12:44	53	12:44	