



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Ritze, Sebastian

Club: Arnstadt
Number: 366

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:40

Speed: 12.86 km/h
Running performance: 4:40 min/km

Rank in course/Total: 54 (of 127)

Rank in course/Men: 51 (of 105)

Best time in course: 34:06

Rank in category: 11(of 22)

Best time in the category: 35:59

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	7:23	4:25	12	1:54	58	1:59	1.67	7:23	4:25	12	1:54	58	1:59
Lap 2	2.35	10:52	4:37	11	2:29	53	2:50	4.02	18:15	4:32	12	4:23	58	4:49
Lap 3	2.35	11:04	4:42	11	2:24	50	3:29	6.37	29:19	4:36	11	6:47	53	7:49
Lap 4	2.35	11:06	4:43	10	2:28	49	2:59	8.72	40:25	4:38	11	9:15	51	10:48
Last lap Finish	1.28	6:15	4:52	12	1:26	59	1:54	10.00	46:40	4:39	11	10:41	51	12:34