



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Enders, Martin

Club: Lohmühle 29

Number: 395

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:58

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 58 (of 127)

Rank in course/Men: 55 (of 105)

Best time in course: 34:06

Rank in category: 7(of 12)

Best time in the category: 39:59

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	7:04	4:13	7	0:53	52	1:40	1.67	7:04	4:13	7	0:53	52	1:40
Lap 2	2.35	10:52	4:37	7	1:31	53	2:50	4.02	17:56	4:27	7	2:24	53	4:30
Lap 3	2.35	11:23	4:50	8	1:56	59	3:48	6.37	29:19	4:36	7	4:10	53	7:49
Lap 4	2.35	11:17	4:48	7	1:45	52	3:10	8.72	40:36	4:39	7	5:54	53	10:59
Last lap Finish	1.28	6:22	4:58	7	1:05	65	2:01	10.00	46:58	4:41	7	6:59	55	12:52