



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Moritz, Detlev

Club: Riechheim

Number: 355

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 47:18

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 59 (of 127)

Rank in course/Men: 56 (of 105)

Best time in course: 34:06

Rank in category: 2(of 4)

Best time in the category: 45:15

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	7:50	4:41	3	0:27	81	2:26	1.67	7:50	4:41	3	0:27	81	2:26
Lap 2	2.35	11:26	4:51	2	0:44	68	3:24	4.02	19:16	4:47	3	1:11	77	5:50
Lap 3	2.35	11:11	4:45	2	0:30	52	3:36	6.37	30:27	4:46	2	1:41	64	8:57
Lap 4	2.35	10:51	4:37	2	0:14	45	2:44	8.72	41:18	4:44	2	1:55	57	11:41
Last lap Finish	1.28	6:00	4:41	2	0:08	47	1:39	10.00	47:18	4:43	2	2:03	56	13:12