



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 | | Total | | Total | | 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 | |