



25. Arnstädter Citylauf
 Arnstadt / 25.04.2015

Detailed evaluation

Grundwald, Maxe

Club: Katholische Laufjugend Arnstadt
 Number: 400

Course: 10.00 km
 Schwenninger 10-km-Lauf

Category:
 Senioren M35 (35-39 Jahre)

Total time: 47:48

Speed: 12.55 km/h
 Running performance: 4:47 min/km

Rank in course/Total: 61 (of 127)

Rank in course/Men: 58 (of 105)

Best time in course: 34:06

Rank in category: 7(of 15)

Best time in the category: 39:25

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	7:00	4:11	5	1:15	48	1:36	1.67	7:00	4:11	5	1:15	48	1:36
Lap 2	2.35	11:03	4:42	7	1:57	60	3:01	4.02	18:03	4:29	7	3:12	54	4:37
Lap 3	2.35	11:44	4:59	8	2:14	66	4:09	6.37	29:47	4:40	7	5:26	60	8:17
Lap 4	2.35	11:48	5:01	9	2:07	68	3:41	8.72	41:35	4:46	7	7:33	60	11:58
Last lap Finish	1.28	6:13	4:51	7	0:56	56	1:52	10.00	47:48	4:46	7	8:23	58	13:42