



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Bogen, Norman

Club: Alteburg Lauftreff
Number: 428

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 47:59

Speed: 12.50 km/h
Running performance: 4:48 min/km

Rank in course/Total: 62 (of 127)

Rank in course/Men: 59 (of 105)

Best time in course: 34:06

Rank in category: 8(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	7:36	4:33	10	1:25	77	2:12	1.67	7:36	4:33	10	1:25	77	2:12
Lap 2	2.35	11:15	4:47	9	1:54	62	3:13	4.02	18:51	4:41	9	3:19	64	5:25
Lap 3	2.35	11:27	4:52	9	2:00	61	3:52	6.37	30:18	4:45	9	5:09	63	8:48
Lap 4	2.35	11:18	4:48	8	1:46	55	3:11	8.72	41:36	4:46	8	6:54	61	11:59
Last lap Finish	1.28	6:23	4:59	8	1:06	67	2:02	10.00	47:59	4:47	8	8:00	59	13:53