



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Schneider, Paul

Club: RSV Adler Arnstadt

Number: 425

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:08

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 65 (of 127)

Rank in course/Men: 61 (of 105)

Best time in course: 34:06

Rank in category: 9(of 12)

Best time in the category: 34:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	7:30	4:29	11	2:06	68	2:06	1.67	7:30	4:29	11	2:06	68	2:06
Lap 2	2.35	10:56	4:39	8	2:54	57	2:54	4.02	18:26	4:35	9	5:00	61	5:00
Lap 3	2.35	11:34	4:55	9	3:30	62	3:59	6.37	30:00	4:42	9	8:30	61	8:30
Lap 4	2.35	11:50	5:02	9	3:43	70	3:43	8.72	41:50	4:47	9	12:13	63	12:13
Last lap Finish	1.28	6:18	4:55	9	1:49	60	1:57	10.00	48:08	4:48	9	14:02	61	14:02