



25. Arnstädter Citylauf
 Arnstadt / 25.04.2015

Detailed evaluation

Boßecker, André

Club: Arnstadt
 Number: 306

Course: 10.00 km
 Schwenninger 10-km-Lauf

Category:
 Senioren M30 (30-34 Jahre)

Total time: 48:05

Speed: 12.48 km/h
 Running performance: 4:49 min/km

Rank in course/Total: 64 (of 127)

Rank in course/Men: 60 (of 105)

Best time in course: 34:06

Rank in category: 12(of 22)

Best time in the category: 35:59

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	6:55	4:08	10	1:26	45	1:31	1.67	6:55	4:08	10	1:26	45	1:31	
Lap 2	2.35	10:55	4:38	12	2:32	56	2:53	4.02	17:50	4:26	10	3:58	50	4:24	
Lap 3	2.35	11:35	4:55	12	2:55	63	4:00	6.37	29:25	4:37	12	6:53	57	7:55	
Lap 4	2.35	11:58	5:05	14	3:20	74	3:51	8.72	41:23	4:44	12	10:13	59	11:46	
Last lap Finish	1.28	6:42	5:14	15	1:53	79	2:21	10.00	48:05	4:48	12	12:06	60	13:59	