



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Beck, Jens

Club: Arnstadt

Number: 397

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 48:13

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 66 (of 127)

Rank in course/Men: 62 (of 105)

Best time in course: 34:06

Rank in category: 8(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	7:55	4:44	13	2:10	84	2:31	1.67	7:55	4:44	13	2:10	84	2:31
Lap 2	2.35	11:21	4:49	8	2:15	66	3:19	4.02	19:16	4:47	11	4:25	77	5:50
Lap 3	2.35	11:17	4:48	7	1:47	57	3:42	6.37	30:33	4:47	8	6:12	65	9:03
Lap 4	2.35	11:18	4:48	7	1:37	55	3:11	8.72	41:51	4:47	8	7:49	64	12:14
Last lap Finish	1.28	6:22	4:58	9	1:05	65	2:01	10.00	48:13	4:49	8	8:48	62	14:07