



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Jelich, Georg

Club: Katholische Laufjugend Arnstadt
Number: 333

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:26

Speed: 12.39 km/h
Running performance: 4:50 min/km

Rank in course/Total: 68 (of 127)

Rank in course/Men: 64 (of 105)

Best time in course: 34:06

Rank in category: 13(of 22)

Best time in the category: 35:59

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	7:32	4:30	15	2:03	73	2:08	1.67	7:32	4:30	15	2:03	73	2:08
Lap 2	2.35	11:21	4:49	14	2:58	66	3:19	4.02	18:53	4:41	14	5:01	65	5:27
Lap 3	2.35	11:43	4:59	13	3:03	65	4:08	6.37	30:36	4:48	13	8:04	66	9:06
Lap 4	2.35	11:31	4:54	12	2:53	59	3:24	8.72	42:07	4:49	13	10:57	66	12:30
Last lap Finish	1.28	6:19	4:56	13	1:30	62	1:58	10.00	48:26	4:50	13	12:27	64	14:20