



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Krämer, Sascha

Club: Ilmenau
Number: 343

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 48:21

Speed: 12.41 km/h
Running performance: 4:50 min/km

Rank in course/Total: 67 (of 127)

Rank in course/Men: 63 (of 105)

Best time in course: 34:06

Rank in category: 10(of 12)

Best time in the category: 34:06

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	6:57	4:09	7	1:33	46	1:33	1.67	6:57	4:09	7	1:33	46	1:33	
Lap 2	2.35	11:19	4:48	10	3:17	63	3:17	4.02	18:16	4:32	8	4:50	60	4:50	
Lap 3	2.35	11:46	5:00	10	3:42	67	4:11	6.37	30:02	4:42	10	8:32	62	8:32	
Lap 4	2.35	11:50	5:02	9	3:43	70	3:43	8.72	41:52	4:48	10	12:15	65	12:15	
Last lap Finish	1.28	6:29	5:03	11	2:00	72	2:08	10.00	48:21	4:50	10	14:15	63	14:15	