



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Treßelt, Frank

Club: GMRLV Großbreitenbach

Number: 385

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:53

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 69 (of 127)

Rank in course/Men: 65 (of 105)

Best time in course: 34:06

Rank in category: 8(of 11)

Best time in the category: 41:26

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	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:48	4:40	9	1:15	79	2:24	1.67	7:48	4:40	9	1:15	79	2:24
Lap 2	2.35	11:19	4:48	8	1:39	63	3:17	4.02	19:07	4:45	9	2:54	72	5:41
Lap 3	2.35	11:53	5:03	8	2:08	73	4:18	6.37	31:00	4:51	8	5:02	71	9:30
Lap 4	2.35	11:33	4:54	8	1:39	60	3:26	8.72	42:33	4:52	8	6:41	68	12:56
Last lap Finish	1.28	6:20	4:56	9	0:51	63	1:59	10.00	48:53	4:53	8	7:27	65	14:47