



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Haefer, Dirk

Club: Dannheim

Number: 410

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:59

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 70 (of 127)

Rank in course/Men: 66 (of 105)

Best time in course: 34:06

Rank in category: 9(of 12)

Best time in the category: 39:59

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	7:13	4:19	8	1:02	56	1:49	1.67	7:13	4:19	8	1:02	56	1:49	
Lap 2	2.35	11:00	4:40	8	1:39	59	2:58	4.02	18:13	4:31	8	2:41	57	4:47	
Lap 3	2.35	11:10	4:45	6	1:43	51	3:35	6.37	29:23	4:36	8	4:14	56	7:53	
Lap 4	2.35	12:26	5:17	10	2:54	82	4:19	8.72	41:49	4:47	9	7:07	62	12:12	
Last lap Finish	1.28	7:10	5:35	10	1:53	93	2:49	10.00	48:59	4:53	9	9:00	66	14:53	