



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Schröder, Bernd

Club: Erfurt
Number: 413

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 49:09

Speed: 12.21 km/h
Running performance: 4:55 min/km

Rank in course/Total: 71 (of 127)

Rank in course/Men: 67 (of 105)

Best time in course: 34:06

Rank in category: 1(of 5)

Best time in the category: 49:09

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	7:25	4:26	1	-	62	2:01	1.67	7:25	4:26	1	-	62	2:01
Lap 2	2.35	11:29	4:53	1	-	70	3:27	4.02	18:54	4:42	1	-	66	5:28
Lap 3	2.35	11:46	5:00	1	-	67	4:11	6.37	30:40	4:48	1	-	67	9:10
Lap 4	2.35	11:47	5:00	2	0:10	67	3:40	8.72	42:27	4:52	1	-	67	12:50
Last lap Finish	1.28	6:42	5:14	2	0:17	79	2:21	10.00	49:09	4:54	1	-	67	15:03