



25. Arnstädter Citylauf  
Arnstadt / 25.04.2015

Detailed evaluation

Hochsattel, Hans-Jörg

Club: WSV 08 Ilmenau  
Number: 330

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 49:11

Speed: 12.20 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 72 (of 127)

Rank in course/Men: 68 (of 105)

Best time in course: 34:06

Rank in category: 3(of 4)

Best time in the category: 45:15

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	7:30	4:29	2	0:07	68	2:06	1.67	7:30	4:29	2	0:07	68	2:06
Lap 2	2.35	11:26	4:51	2	0:44	68	3:24	4.02	18:56	4:42	2	0:51	67	5:30
Lap 3	2.35	11:48	5:01	3	1:07	69	4:13	6.37	30:44	4:49	3	1:58	68	9:14
Lap 4	2.35	11:56	5:04	3	1:19	73	3:49	8.72	42:40	4:53	3	3:17	69	13:03
Last lap Finish	1.28	6:31	5:05	3	0:39	73	2:10	10.00	49:11	4:55	3	3:56	68	15:05