



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Schreier, Konrad

Club: SG Motor Arnstadt

Number: 372

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 49:12

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 73 (of 127)

Rank in course/Men: 69 (of 105)

Best time in course: 34:06

Rank in category: 3(of 3)

Best time in the category: 44:14

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	7:49	4:40	3	1:17	80	2:25	1.67	7:49	4:40	3	1:17	80	2:25
Lap 2	2.35	11:34	4:55	3	1:23	75	3:32	4.02	19:23	4:49	3	2:40	81	5:57
Lap 3	2.35	11:41	4:58	3	1:06	64	4:06	6.37	31:04	4:52	3	3:46	73	9:34
Lap 4	2.35	11:40	4:57	3	0:51	64	3:33	8.72	42:44	4:54	3	4:37	70	13:07
Last lap Finish	1.28	6:28	5:03	3	0:21	70	2:07	10.00	49:12	4:55	3	4:58	69	15:06