



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

Schäge, Michael

Club: TSV 09 Arnstadt e. V.

Number: 407

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 49:34

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 77 (of 127)

Rank in course/Men: 73 (of 105)

Best time in course: 34:06

Rank in category: 11(of 15)

Best time in the category: 39:25

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	7:32	4:30	9	1:47	73	2:08	1.67	7:32	4:30	9	1:47	73	2:08
Lap 2	2.35	11:29	4:53	9	2:23	70	3:27	4.02	19:01	4:43	8	4:10	69	5:35
Lap 3	2.35	12:04	5:08	12	2:34	83	4:29	6.37	31:05	4:52	11	6:44	74	9:35
Lap 4	2.35	11:54	5:03	10	2:13	72	3:47	8.72	42:59	4:55	10	8:57	73	13:22
Last lap Finish	1.28	6:35	5:08	10	1:18	74	2:14	10.00	49:34	4:57	11	10:09	73	15:28