



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Fleischer, Stephan

Club: Katholische Laufjugend Arnstadt
Number: 316

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 49:25

Speed: 12.14 km/h
Running performance: 4:56 min/km

Rank in course/Total: 75 (of 127)

Rank in course/Men: 71 (of 105)

Best time in course: 34:06

Rank in category: 10(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	7:35	4:32	11	1:50	76	2:11	1.67	7:35	4:32	11	1:50	76	2:11
Lap 2	2.35	11:33	4:54	11	2:27	74	3:31	4.02	19:08	4:45	10	4:17	73	5:42
Lap 3	2.35	11:49	5:01	9	2:19	70	4:14	6.37	30:57	4:51	9	6:36	70	9:27
Lap 4	2.35	12:07	5:09	12	2:26	76	4:00	8.72	43:04	4:56	11	9:02	74	13:27
Last lap Finish	1.28	6:21	4:57	8	1:04	64	2:00	10.00	49:25	4:56	10	10:00	71	15:19