



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Klütsch, Carsten

Club: RSV Adler Arnstadt

Number: 336

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 49:22

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 74 (of 127)

Rank in course/Men: 70 (of 105)

Best time in course: 34:06

Rank in category: 9(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	7:34	4:31	10	1:49	75	2:10	1.67	7:34	4:31	10	1:49	75	2:10
Lap 2	2.35	11:30	4:53	10	2:24	73	3:28	4.02	19:04	4:44	9	4:13	70	5:38
Lap 3	2.35	11:57	5:05	10	2:27	75	4:22	6.37	31:01	4:52	10	6:40	72	9:31
Lap 4	2.35	11:45	5:00	8	2:04	66	3:38	8.72	42:46	4:54	9	8:44	71	13:09
Last lap Finish	1.28	6:36	5:09	12	1:19	76	2:15	10.00	49:22	4:56	9	9:57	70	15:16