



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Schulz, Stefan

Club: hell-is-open

Number: 376

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 49:31

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 76 (of 127)

Rank in course/Men: 72 (of 105)

Best time in course: 34:06

Rank in category: 5(of 6)

Best time in the category: 36:09

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	7:53	4:43	6	2:17	83	2:29	1.67	7:53	4:43	6	2:17	83	2:29
Lap 2	2.35	12:12	5:11	6	3:50	92	4:10	4.02	20:05	4:59	6	6:07	89	6:39
Lap 3	2.35	12:01	5:06	6	4:26	78	4:26	6.37	32:06	5:02	6	9:34	87	10:36
Lap 4	2.35	11:28	4:52	5	2:44	58	3:21	8.72	43:34	4:59	6	12:18	78	13:57
Last lap Finish	1.28	5:57	4:38	4	1:04	45	1:36	10.00	49:31	4:57	5	13:22	72	15:25