



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Böse, Ralf

Club: Arnstadt

Number: 433

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 50:15

Speed: 11.94 km/h

Running performance: 5:02 min/km

Rank in course/Total: 86 (of 127)

Rank in course/Men: 79 (of 105)

Best time in course: 34:06

Rank in category: 2(of 5)

Best time in the category: 49:09

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	8:19	4:58	3	0:54	92	2:55	1.67	8:19	4:58	3	0:54	92	2:55
Lap 2	2.35	12:01	5:06	2	0:32	89	3:59	4.02	20:20	5:03	2	1:26	91	6:54
Lap 3	2.35	11:53	5:03	2	0:07	73	4:18	6.37	32:13	5:03	2	1:33	89	10:43
Lap 4	2.35	11:37	4:56	1	-	62	3:30	8.72	43:50	5:01	2	1:23	82	14:13
Last lap Finish	1.28	6:25	5:00	1	-	68	2:04	10.00	50:15	5:01	2	1:06	79	16:09