



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Chemnitz, Benjamin

Club: Die flinken Gerataler
Number: 308

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 50:20

Speed: 11.92 km/h
Running performance: 5:02 min/km

Rank in course/Total: 87 (of 127)

Rank in course/Men: 80 (of 105)

Best time in course: 34:06

Rank in category: 2(of 2)

Best time in the category: 43:46

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	7:20	4:23	2	1:05	57	1:56	1.67	7:20	4:23	2	1:05	57	1:56
Lap 2	2.35	11:39	4:57	2	1:25	78	3:37	4.02	18:59	4:43	2	2:30	68	5:33
Lap 3	2.35	12:16	5:13	2	1:47	87	4:41	6.37	31:15	4:54	2	4:17	75	9:45
Lap 4	2.35	12:21	5:15	2	1:25	81	4:14	8.72	43:36	5:00	2	5:42	79	13:59
Last lap Finish	1.28	6:44	5:15	2	0:52	83	2:23	10.00	50:20	5:01	2	6:34	80	16:14