



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Urbanneck, Oliver

Club: Arnstadt

Number: 388

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 50:00

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 84 (of 127)

Rank in course/Men: 78 (of 105)

Best time in course: 34:06

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:51	4:42	12	2:06	82	2:27	1.67	7:51	4:42	12	2:06	82	2:27
Lap 2	2.35	11:36	4:56	12	2:30	77	3:34	4.02	19:27	4:50	13	4:36	82	6:01
Lap 3	2.35	11:57	5:05	10	2:27	75	4:22	6.37	31:24	4:55	12	7:03	77	9:54
Lap 4	2.35	12:01	5:06	11	2:20	75	3:54	8.72	43:25	4:58	12	9:23	76	13:48
Last lap Finish	1.28	6:35	5:08	10	1:18	74	2:14	10.00	50:00	5:00	12	10:35	78	15:54