



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Reiche, Frank

Club: SV Ictershausen
Number: 362

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 50:32

Speed: 11.87 km/h
Running performance: 5:03 min/km

Rank in course/Total: 88 (of 127)

Rank in course/Men: 81 (of 105)

Best time in course: 34:06

Rank in category: 9(of 11)

Best time in the category: 41:26

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	7:31	4:30	8	0:58	70	2:07	1.67	7:31	4:30	8	0:58	70	2:07	
Lap 2	2.35	11:35	4:55	9	1:55	76	3:33	4.02	19:06	4:45	8	2:53	71	5:40	
Lap 3	2.35	12:24	5:16	9	2:39	90	4:49	6.37	31:30	4:56	9	5:32	79	10:00	
Lap 4	2.35	12:19	5:14	9	2:25	80	4:12	8.72	43:49	5:01	9	7:57	81	14:12	
Last lap Finish	1.28	6:43	5:14	10	1:14	81	2:22	10.00	50:32	5:03	9	9:06	81	16:26	