



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Gunkel, Sven

Club: Rehestädt

Number: 321

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:52

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 91 (of 127)

Rank in course/Men: 82 (of 105)

Best time in course: 34:06

Rank in category: 11(of 13)

Best time in the category: 37:51

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	7:31	4:30	10	1:44	70	2:07	1.67	7:31	4:30	10	1:44	70	2:07
Lap 2	2.35	11:40	4:57	10	2:46	79	3:38	4.02	19:11	4:46	10	4:30	74	5:45
Lap 3	2.35	12:14	5:12	11	2:49	85	4:39	6.37	31:25	4:55	10	7:19	78	9:55
Lap 4	2.35	12:28	5:18	11	3:04	83	4:21	8.72	43:53	5:01	11	10:23	83	14:16
Last lap Finish	1.28	6:59	5:27	11	2:38	87	2:38	10.00	50:52	5:05	11	13:01	82	16:46