



25. Arnstädter Citylauf  
Arnstadt / 25.04.2015

Detailed evaluation

Voßhage, Ron

Club: Suhl

Number: 408

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 50:52

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 92 (of 127)

Rank in course/Men: 82 (of 105)

Best time in course: 34:06

Rank in category: 11(of 12)

Best time in the category: 34:06

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	7:24	4:25	8	2:00	60	2:00	1.67	7:24	4:25	8	2:00	60	2:00
Lap 2	2.35	11:51	5:02	11	3:49	87	3:49	4.02	19:15	4:47	11	5:49	76	5:49
Lap 3	2.35	12:30	5:19	12	4:26	92	4:55	6.37	31:45	4:59	11	10:15	84	10:15
Lap 4	2.35	12:40	5:23	12	4:33	91	4:33	8.72	44:25	5:05	11	14:48	87	14:48
Last lap Finish	1.28	6:27	5:02	10	1:58	69	2:06	10.00	50:52	5:05	11	16:46	82	16:46