



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Schäge, Rico

Club: Arnstadt

Number: 369

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:54

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 80 (of 127)

Rank in course/Men: 76 (of 105)

Best time in course: 34:06

Rank in category: 10(of 12)

Best time in the category: 39:59

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	9	1:20	70	2:07	1.67	7:31	4:30	9	1:20	70	2:07	
Lap 2	2.35	11:43	4:59	10	2:22	81	3:41	4.02	19:14	4:47	10	3:42	75	5:48	
Lap 3	2.35	12:02	5:07	10	2:35	81	4:27	6.37	31:16	4:54	10	6:07	76	9:46	
Lap 4	2.35	12:10	5:10	9	2:38	78	4:03	8.72	43:26	4:58	10	8:44	77	13:49	
Last lap Finish	1.28	6:28	5:03	9	1:11	70	2:07	10.00	49:54	4:59	10	9:55	76	15:48	