



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Spieß, Kevin

Club: Arnstadt

Number: 381

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 49:40

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 78 (of 127)

Rank in course/Men: 74 (of 105)

Best time in course: 34:06

Rank in category: 14(of 22)

Best time in the category: 35:59

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	7:27	4:27	13	1:58	64	2:03	1.67	7:27	4:27	13	1:58	64	2:03
Lap 2	2.35	11:20	4:49	13	2:57	65	3:18	4.02	18:47	4:40	13	4:55	63	5:21
Lap 3	2.35	12:03	5:07	18	3:23	82	4:28	6.37	30:50	4:50	14	8:18	69	9:20
Lap 4	2.35	12:07	5:09	15	3:29	76	4:00	8.72	42:57	4:55	14	11:47	72	13:20
Last lap Finish	1.28	6:43	5:14	16	1:54	81	2:22	10.00	49:40	4:58	14	13:41	74	15:34