



25. Arnstädter Citylauf
 Arnstadt / 25.04.2015

Detailed evaluation

Litzmann, Sven

Club: Arnstadt
 Number: 350

Course: 10.00 km
 Schwenninger 10-km-Lauf

Category:
 Senioren M30 (30-34 Jahre)

Total time: 51:26

Speed: 11.67 km/h
 Running performance: 5:08 min/km

Rank in course/Total: 95 (of 127)

Rank in course/Men: 85 (of 105)

Best time in course: 34:06

Rank in category: 17(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	7:28	4:28	14	1:59	65	2:04	1.67	7:28	4:28	14	1:59	65	2:04
Lap 2	2.35	12:03	5:07	20	3:40	90	4:01	4.02	19:31	4:51	15	5:39	83	6:05
Lap 3	2.35	12:46	5:25	20	4:06	95	5:11	6.37	32:17	5:04	19	9:45	90	10:47
Lap 4	2.35	12:32	5:19	16	3:54	85	4:25	8.72	44:49	5:08	19	13:39	90	15:12
Last lap Finish	1.28	6:37	5:10	14	1:48	77	2:16	10.00	51:26	5:08	17	15:27	85	17:20