



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Malissek, Mario

Club: Arnstadt
Number: 351

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:28

Speed: 11.66 km/h
Running performance: 5:09 min/km

Rank in course/Total: 96 (of 127)

Rank in course/Men: 86 (of 105)

Best time in course: 34:06

Rank in category: 12(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	7:36	4:33	11	1:49	77	2:12	1.67	7:36	4:33	11	1:49	77	2:12
Lap 2	2.35	11:46	5:00	12	2:52	84	3:44	4.02	19:22	4:49	11	4:41	80	5:56
Lap 3	2.35	12:15	5:12	12	2:50	86	4:40	6.37	31:37	4:57	12	7:31	82	10:07
Lap 4	2.35	12:34	5:20	12	3:10	86	4:27	8.72	44:11	5:04	12	10:41	84	14:34
Last lap Finish	1.28	7:17	5:41	12	2:56	97	2:56	10.00	51:28	5:08	12	13:37	86	17:22