



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Schrickel, Stefan

Number: 402

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 51:47

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 100 (of 127)

Rank in course/Men: 89 (of 105)

Best time in course: 34:06

Rank in category: 18(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	8:20	4:59	20	2:51	93	2:56	1.67	8:20	4:59	20	2:51	93	2:56
Lap 2	2.35	11:45	5:00	17	3:22	83	3:43	4.02	20:05	4:59	20	6:13	89	6:39
Lap 3	2.35	12:01	5:06	16	3:21	78	4:26	6.37	32:06	5:02	18	9:34	87	10:36
Lap 4	2.35	12:34	5:20	17	3:56	86	4:27	8.72	44:40	5:07	17	13:30	88	15:03
Last lap Finish	1.28	7:07	5:33	19	2:18	90	2:46	10.00	51:47	5:10	18	15:48	89	17:41