



25. Arnstädter Citylauf
 Arnstadt / 25.04.2015

Detailed evaluation

Wadsack, Lukas

Number: 401

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: 101 (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	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	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	11:44	4:59	16	3:21	82	3:42	4.02	20:04	4:59	19	6:12	88	6:38
Lap 3	2.35	12:01	5:06	16	3:21	78	4:26	6.37	32:05	5:02	17	9:33	86	10:35
Lap 4	2.35	12:35	5:21	18	3:57	88	4:28	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