



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Dimitrovici, Julian

Club: Arnstadt

Number: 309

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 52:23

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 102 (of 127)

Rank in course/Men: 91 (of 105)

Best time in course: 34:06

Rank in category: 12(of 12)

Best time in the category: 34:06

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	8:20	4:59	12	2:56	93	2:56	1.67	8:20	4:59	12	2:56	93	2:56
Lap 2	2.35	12:16	5:13	12	4:14	93	4:14	4.02	20:36	5:07	12	7:10	95	7:10
Lap 3	2.35	12:20	5:14	11	4:16	88	4:45	6.37	32:56	5:10	12	11:26	93	11:26
Lap 4	2.35	12:30	5:19	11	4:23	84	4:23	8.72	45:26	5:12	12	15:49	92	15:49
Last lap Finish	1.28	6:57	5:25	12	2:28	86	2:36	10.00	52:23	5:14	12	18:17	91	18:17