



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kluba, Tom

Club: Erfurt
Number: 335

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 52:54

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 103 (of 127)

Rank in course/Men: 92 (of 105)

Best time in course: 34:06

Rank in category: 20(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	8:28	5:04	22	2:59	99	3:04	1.67	8:28	5:04	22	2:59	99	3:04
Lap 2	2.35	12:24	5:16	21	4:01	94	4:22	4.02	20:52	5:11	22	7:00	96	7:26
Lap 3	2.35	12:27	5:17	19	3:47	91	4:52	6.37	33:19	5:13	21	10:47	94	11:49
Lap 4	2.35	12:35	5:21	18	3:57	88	4:28	8.72	45:54	5:15	20	14:44	93	16:17
Last lap Finish	1.28	7:00	5:28	17	2:11	88	2:39	10.00	52:54	5:17	20	16:55	92	18:48