



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Erdmann, Sebastian

Club: Arnstadt

Number: 437

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 52:54

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 104 (of 127)

Rank in course/Men: 92 (of 105)

Best time in course: 34:06

Rank in category: 6(of 6)

Best time in the category: 36:09

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	7:29	4:28	5	1:53	67	2:05	1.67	7:29	4:28	5	1:53	67	2:05
Lap 2	2.35	8:41	3:41	2	0:19	5	0:39	4.02	16:10	4:01	4	2:12	25	2:44
Lap 3	2.35	7:35	3:13	1	-	1	-	6.37	23:45	3:43	2	1:13	7	2:15
Lap 4	2.35	17:18	7:21	6	8:34	103	9:11	8.72	41:03	4:42	5	9:47	56	11:26
Last lap Finish	1.28	11:51	9:15	6	6:58	103	7:30	10.00	52:54	5:17	6	16:45	92	18:48