



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Klein, Sebastian

Club: Erfurt
Number: 334

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 53:13

Speed: 11.27 km/h
Running performance: 5:19 min/km

Rank in course/Total: 105 (of 127)

Rank in course/Men: 94 (of 105)

Best time in course: 34:06

Rank in category: 21(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	8:05	4:50	16	2:36	85	2:41	1.67	8:05	4:50	16	2:36	85	2:41
Lap 2	2.35	11:50	5:02	19	3:27	86	3:48	4.02	19:55	4:57	17	6:03	86	6:29
Lap 3	2.35	12:48	5:26	21	4:08	96	5:13	6.37	32:43	5:08	20	10:11	92	11:13
Lap 4	2.35	13:15	5:38	21	4:37	96	5:08	8.72	45:58	5:16	21	14:48	94	16:21
Last lap Finish	1.28	7:15	5:39	21	2:26	95	2:54	10.00	53:13	5:19	21	17:14	94	19:07