



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Zeiger, Thomas

Club: Katholische Laufjugend Arnstadt
Number: 393

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 39:59

Speed: 15.01 km/h
Running performance: 4:00 min/km

Rank in course/Total: 15 (of 127)

Rank in course/Men: 15 (of 105)

Best time in course: 34:06

Rank in category: 1(of 12)

Best time in the category: 39:59

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	6:18	3:46	3	0:07	17	0:54	1.67	6:18	3:46	3	0:07	17	0:54
Lap 2	2.35	9:25	4:00	2	0:04	15	1:23	4.02	15:43	3:54	2	0:11	14	2:17
Lap 3	2.35	9:27	4:01	1	-	13	1:52	6.37	25:10	3:57	2	0:01	14	3:40
Lap 4	2.35	9:32	4:03	1	-	12	1:25	8.72	34:42	3:58	1	-	12	5:05
Last lap Finish	1.28	5:17	4:07	1	-	15	0:56	10.00	39:59	3:59	1	-	15	5:53