



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Oehme, Sven

Club: Bad Köstritz
Number: 359

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 53:51

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 106 (of 127)

Rank in course/Men: 95 (of 105)

Best time in course: 34:06

Rank in category: 14(of 15)

Best time in the category: 39:25

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	8:06	4:51	14	2:21	89	2:42	1.67	8:06	4:51	14	2:21	89	2:42	
Lap 2	2.35	12:24	5:16	14	3:18	94	4:22	4.02	20:30	5:05	14	5:39	93	7:04	
Lap 3	2.35	13:03	5:33	14	3:33	98	5:28	6.37	33:33	5:16	14	9:12	95	12:03	
Lap 4	2.35	13:10	5:36	14	3:29	95	5:03	8.72	46:43	5:21	14	12:41	96	17:06	
Last lap Finish	1.28	7:08	5:34	13	1:51	92	2:47	10.00	53:51	5:23	14	14:26	95	19:45	