



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Friedrich, Bernd

Club: Arnstadt

Number: 317

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 53:54

Speed: 11.13 km/h

Running performance: 5:23 min/km

Rank in course/Total: 107 (of 127)

Rank in course/Men: 96 (of 105)

Best time in course: 34:06

Rank in category: 4(of 5)

Best time in the category: 49:09

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	8:21	5:00	4	0:56	96	2:57	1.67	8:21	5:00	4	0:56	96	2:57	
Lap 2	2.35	12:36	5:21	4	1:07	97	4:34	4.02	20:57	5:12	4	2:03	97	7:31	
Lap 3	2.35	12:45	5:25	4	0:59	94	5:10	6.37	33:42	5:17	4	3:02	96	12:12	
Lap 4	2.35	12:56	5:30	4	1:19	94	4:49	8.72	46:38	5:20	4	4:11	95	17:01	
Last lap Finish	1.28	7:16	5:40	4	0:51	96	2:55	10.00	53:54	5:23	4	4:45	96	19:48	