



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Esefeld, Frederick

Club: KLA

Number: 424

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 55:06

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 110 (of 127)

Rank in course/Men: 99 (of 105)

Best time in course: 34:06

Rank in category: 22(of 22)

Best time in the category: 35:59

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	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	12:28	5:18	22	4:05	96	4:26	4.02	20:33	5:06	21	6:41	94	7:07
Lap 3	2.35	13:28	5:43	22	4:48	100	5:53	6.37	34:01	5:20	22	11:29	97	12:31
Lap 4	2.35	13:30	5:44	22	4:52	98	5:23	8.72	47:31	5:26	22	16:21	98	17:54
Last lap Finish	1.28	7:35	5:55	22	2:46	99	3:14	10.00	55:06	5:30	22	19:07	99	21:00