



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Dudek, Harald

Club: LT Hohe Buchen Arnstadt

Number: 311

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 55:59

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 112 (of 127)

Rank in course/Men: 100 (of 105)

Best time in course: 34:06

Rank in category: 5(of 5)

Best time in the category: 49:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	8:54	5:19	5	1:29	102	3:30	1.67	8:54	5:19	5	1:29	102	3:30
Lap 2	2.35	12:51	5:28	5	1:22	99	4:49	4.02	21:45	5:24	5	2:51	102	8:19
Lap 3	2.35	13:01	5:32	5	1:15	97	5:26	6.37	34:46	5:27	5	4:06	99	13:16
Lap 4	2.35	13:28	5:43	5	1:51	97	5:21	8.72	48:14	5:31	5	5:47	99	18:37
Last lap Finish	1.28	7:45	6:03	5	1:20	101	3:24	10.00	55:59	5:35	5	6:50	100	21:53