



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau

Number: 354

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 54:49

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 109 (of 127)

Rank in course/Men: 98 (of 105)

Best time in course: 34:06

Rank in category: 10(of 11)

Best time in the category: 41:26

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	8:22	5:00	10	1:49	97	2:58	1.67	8:22	5:00	10	1:49	97	2:58
Lap 2	2.35	13:10	5:36	11	3:30	102	5:08	4.02	21:32	5:21	10	5:19	99	8:06
Lap 3	2.35	13:24	5:42	10	3:39	99	5:49	6.37	34:56	5:29	10	8:58	100	13:26
Lap 4	2.35	13:39	5:48	10	3:45	99	5:32	8.72	48:35	5:34	10	12:43	100	18:58
Last lap Finish	1.28	6:14	4:52	8	0:45	57	1:53	10.00	54:49	5:28	10	13:23	98	20:43