



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Schulz, Ronald

Club: hell-is-open

Number: 375

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:41

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 114 (of 127)

Rank in course/Men: 101 (of 105)

Best time in course: 34:06

Rank in category: 11(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	8:36	5:08	11	2:03	100	3:12	1.67	8:36	5:08	11	2:03	100	3:12
Lap 2	2.35	13:05	5:34	10	3:25	100	5:03	4.02	21:41	5:23	11	5:28	100	8:15
Lap 3	2.35	13:42	5:49	11	3:57	101	6:07	6.37	35:23	5:33	11	9:25	102	13:53
Lap 4	2.35	13:45	5:51	11	3:51	100	5:38	8.72	49:08	5:38	11	13:16	101	19:31
Last lap Finish	1.28	7:33	5:53	11	2:04	98	3:12	10.00	56:41	5:40	11	15:15	101	22:35