



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Eger, Timo

Club: Plaue

Number: 312

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 56:59

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 115 (of 127)

Rank in course/Men: 102 (of 105)

Best time in course: 34:06

Rank in category: 15(of 15)

Best time in the category: 39:25

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	8:23	5:01	15	2:38	98	2:59	1.67	8:23	5:01	15	2:38	98	2:59
Lap 2	2.35	13:06	5:34	15	4:00	101	5:04	4.02	21:29	5:20	15	6:38	98	8:03
Lap 3	2.35	13:50	5:53	15	4:20	102	6:15	6.37	35:19	5:32	15	10:58	101	13:49
Lap 4	2.35	14:01	5:57	15	4:20	101	5:54	8.72	49:20	5:39	15	15:18	102	19:43
Last lap Finish	1.28	7:39	5:58	15	2:22	100	3:18	10.00	56:59	5:41	15	17:34	102	22:53