



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Müller, Christoph

Club: Arnstadt
Number: 414

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:00:44

Speed: 9.88 km/h
Running performance: 6:04 min/km

Rank in course/Total: 121 (of 127)

Rank in course/Men: 103 (of 105)

Best time in course: 34:06

Rank in category: 11(of 12)

Best time in the category: 39:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Lap 1	1.67	8:42	5:12	11	2:31	101	3:18	1.67	8:42	5:12	11	2:31	101	3:18
Lap 2	2.35	13:45	5:51	11	4:24	103	5:43	4.02	22:27	5:35	11	6:55	103	9:01
Lap 3	2.35	14:39	6:14	11	5:12	103	7:04	6.37	37:06	5:49	11	11:57	103	15:36
Lap 4	2.35	14:57	6:21	11	5:25	102	6:50	8.72	52:03	5:58	11	17:21	103	22:26
Last lap Finish	1.28	8:41	6:47	11	3:24	102	4:20	10.00	1:00:44	6:04	11	20:45	103	26:38