



25. Arnstädter Citylauf  
Arnstadt / 25.04.2015

Detailed evaluation

Warz, Frank

Club: SV Grünbach  
Number: 391

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 40:25

Speed: 14.85 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 17 (of 127)

Rank in course/Men: 17 (of 105)

Best time in course: 34:06

Rank in category: 5(of 22)

Best time in the category: 35:59

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	6:25	3:50	6	0:56	21	1:01	1.67	6:25	3:50	6	0:56	21	1:01
Lap 2	2.35	9:34	4:04	5	1:11	19	1:32	4.02	15:59	3:58	7	2:07	21	2:33
Lap 3	2.35	9:41	4:07	5	1:01	19	2:06	6.37	25:40	4:01	5	3:08	19	4:10
Lap 4	2.35	9:53	4:12	5	1:15	18	1:46	8.72	35:33	4:04	5	4:23	18	5:56
Last lap Finish	1.28	4:52	3:48	3	0:03	6	0:31	10.00	40:25	4:02	5	4:26	17	6:19