



25. Arnstädter Citylauf
 Arnstadt / 25.04.2015

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal
 Number: 73

Course: 3.00 km
 McDonald`s 3-km-Lauf

Category:
 Senioren M30 (30-34 Jahre)

Total time: 10:25

Speed: 17.28 km/h
 Running performance: 3:28 min/km

Rank in course/Total: 1 (of 62)

Rank in course/Men: 1 (of 37)

Best time in course: 10:25

Rank in category: 1(of 4)

Best time in the category: 10:25

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	1.72	5:39	3:17	1	-	1	-	1.72	5:39	3:17	1	-	1	-
Last lap Finish	1.28	4:46	3:43	1	-	1	-	3.00	10:25	3:28	1	-	1	-