



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Weist, Jürgen

Club: Katholische Laufjugend

Number: 169

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 29:58

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 44 (of 58)

Rank in course/Men: 32 (of 39)

Best time in course: 17:32

Rank in category: 2(of 3)

Best time in the category: 20:39

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total | | Total | | Total ranking | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|--------|-------------|----------------|------------|---------------|--|
| | | | | | | Pos Men | Behind Men | km | Time | min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Lap 1 | 1.38 | 7:23 | 5:21 | 2 | 1:56 | 34 | 2:43 | 1.38 | 7:23 | 5:21 | 2 | 1:56 | 34 | 2:43 | |
| Lap 2 | 2.34 | 14:03 | 6:00 | 2 | 4:15 | 32 | 6:10 | 3.72 | 21:26 | 5:45 | 2 | 6:11 | 32 | 8:32 | |
| Last lap Finish | 1.28 | 8:32 | 6:39 | 2 | 3:08 | 31 | 3:54 | 5.00 | 29:58 | 5:59 | 2 | 9:19 | 32 | 12:26 | |