



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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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