



25. Arnstädter Citylauf  
Arnstadt / 25.04.2015

Detailed evaluation

Esping, Alexandar

Club: Erfurt  
Number: 128

Course: 5.00 km  
n3 5-km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 30:43

Speed: 9.77 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 46 (of 58)

Rank in course/Men: 34 (of 39)

Best time in course: 17:32

Rank in category: 8(of 10)

Best time in the category: 17:32

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	1.38	7:18	5:17	10	2:38	33	2:38	1.38	7:18	5:17	10	2:38	33	2:38
Lap 2	2.34	14:44	6:17	8	6:30	34	6:51	3.72	22:02	5:55	8	9:08	34	9:08
Last lap Finish	1.28	8:41	6:47	9	4:03	33	4:03	5.00	30:43	6:08	8	13:11	34	13:11