



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Nonnberg, Christian

Club: Arnstadt
Number: 152

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 31:08

Speed: 9.64 km/h
Running performance: 6:14 min/km

Rank in course/Total: 48 (of 58)

Rank in course/Men: 35 (of 39)

Best time in course: 17:32

Rank in category: 9(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	7:09	5:10	8	2:29	31	2:29	1.38	7:09	5:10	8	2:29	31	2:29
Lap 2	2.34	15:33	6:38	9	7:19	36	7:40	3.72	22:42	6:06	9	9:48	35	9:48
Last lap Finish	1.28	8:26	6:35	8	3:48	30	3:48	5.00	31:08	6:13	9	13:36	35	13:36