



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Aschenbach, Jörg

Club: Arnstadt

Number: 120

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 32:05

Speed: 9.35 km/h

Running performance: 6:25 min/km

Rank in course/Total: 50 (of 58)

Rank in course/Men: 36 (of 39)

Best time in course: 17:32

Rank in category: 10(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.38	6:42	4:51	4	2:02	25	2:02	1.38	6:42	4:51	4	2:02	25	2:02
Lap 2	2.34	16:01	6:50	10	7:47	37	8:08	3.72	22:43	6:06	10	9:49	36	9:49
Last lap Finish	1.28	9:22	7:19	10	4:44	35	4:44	5.00	32:05	6:25	10	14:33	36	14:33