



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Fritzlar, Olaf

Club: Arnstadt

Number: 131

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 32:34

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 52 (of 58)

Rank in course/Men: 37 (of 39)

Best time in course: 17:32

Rank in category: 2(of 2)

Best time in the category: 24:48

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	7:45	5:36	2	1:22	36	3:05	1.38	7:45	5:36	2	1:22	36	3:05
Lap 2	2.34	15:23	6:34	2	3:37	35	7:30	3.72	23:08	6:13	2	4:59	37	10:14
Last lap Finish	1.28	9:26	7:22	2	2:47	36	4:48	5.00	32:34	6:30	2	7:46	37	15:02