



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Dill, Alexander

Club: Stadt Arnstadt

Number: 176

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 33:56

Speed: 8.84 km/h

Running performance: 6:47 min/km

Rank in course/Total: 56 (of 58)

Rank in course/Men: 38 (of 39)

Best time in course: 17:32

Rank in category: 3(of 3)

Best time in the category: 20:39

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	8:08	5:53	3	2:41	37	3:28	1.38	8:08	5:53	3	2:41	37	3:28
Lap 2	2.34	16:16	6:57	3	6:28	38	8:23	3.72	24:24	6:33	3	9:09	38	11:30
Last lap Finish	1.28	9:32	7:26	3	4:08	37	4:54	5.00	33:56	6:47	3	13:17	38	16:24