



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 |