



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Rott, Franz

Club: LSV Lok Arnstadt

Number: 156

Course: 5.00 km

n3 5-km-Lauf

Category:

männliche Jugend M15 (15 Jahre)

Total time: 18:40

Speed: 16.07 km/h

Running performance: 3:44 min/km

Rank in course/Total: 4 (of 58)

Rank in course/Men: 3 (of 39)

Best time in course: 17:32

Rank in category: 1(of 3)

Best time in the category: 18:40

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	4:59	3:36	1	-	3	0:19	1.38	4:59	3:36	1	-	3	0:19
Lap 2	2.34	8:53	3:47	1	-	5	1:00	3.72	13:52	3:43	1	-	3	0:58
Last lap Finish	1.28	4:48	3:45	1	-	2	0:10	5.00	18:40	3:44	1	-	3	1:08