



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Urban, Dirk

Club: Erfurt
Number: 81

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
männliche Kinder M10 (10 Jahre)

Total time: 13:57

Speed: 12.90 km/h
Running performance: 4:39 min/km

Rank in course/Total: 12 (of 62)

Rank in course/Men: 9 (of 37)

Best time in course: 10:25

Rank in category: 2(of 4)

Best time in the category: 13:14

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	1.72	7:41	4:28	2	0:22	11	2:02	1.72	7:41	4:28	2	0:22	11	2:02
Last lap Finish	1.28	6:16	4:53	2	0:21	10	1:30	3.00	13:57	4:38	2	0:43	9	3:32