



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Herzer, Nils

Club: Erfurter LAC

Number: 17

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend M15 (15 Jahre)

Total time: 11:02

Speed: 16.31 km/h

Running performance: 3:41 min/km

Rank in course/Total: 2 (of 62)

Rank in course/Men: 2 (of 37)

Best time in course: 10:25

Rank in category: 1(of 2)

Best time in the category: 11:02

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	1.72	6:06	3:32	1	-	2	0:27	1.72	6:06	3:32	1	-	2	0:27
Last lap Finish	1.28	4:56	3:51	1	-	2	0:10	3.00	11:02	3:40	1	-	2	0:37