



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kratzer, Thomas

Club: Arnstadt

Number: 87

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 16:40

Speed: 10.80 km/h

Running performance: 5:34 min/km

Rank in course/Total: 33 (of 62)

Rank in course/Men: 23 (of 37)

Best time in course: 10:25

Rank in category: 1(of 1)

Best time in the category: 16:40

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	8:30	4:56	1	-	19	2:51	1.72	8:30	4:56	1	-	19	2:51
Last lap Finish	1.28	8:10	6:22	1	-	24	3:24	3.00	16:40	5:33	1	-	23	6:15