



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Stephan, Alexander

Club: Arnstadt

Number: 35

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 14:58

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 25 (of 62)

Rank in course/Men: 19 (of 37)

Best time in course: 10:25

Rank in category: 1(of 2)

Best time in the category: 14:58

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	8:36	5:00	1	-	21	2:57	1.72	8:36	5:00	1	-	21	2:57
Last lap Finish	1.28	6:22	4:58	1	-	12	1:36	3.00	14:58	4:59	1	-	19	4:33