



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt

Number: 28

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 15:06

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 28 (of 62)

Rank in course/Men: 21 (of 37)

Best time in course: 10:25

Rank in category: 1(of 3)

Best time in the category: 15:06

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	8:38	5:01	1	-	24	2:59	1.72	8:38	5:01	1	-	24	2:59
Last lap Finish	1.28	6:28	5:03	1	-	16	1:42	3.00	15:06	5:01	1	-	21	4:41