



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Sieboldt, Daniel

Club: Arnstadt

Number: 33

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 15:00

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 26 (of 62)

Rank in course/Men: 20 (of 37)

Best time in course: 10:25

Rank in category: 2(of 3)

Best time in the category: 14:10

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	8:37	5:00	2	0:42	23	2:58	1.72	8:37	5:00	2	0:42	23	2:58
Last lap Finish	1.28	6:23	4:59	2	0:08	13	1:37	3.00	15:00	5:00	2	0:50	20	4:35