



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Eckold, Ronny

Club: Arnstadt

Number: 7

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 15:19

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 30 (of 62)

Rank in course/Men: 22 (of 37)

Best time in course: 10:25

Rank in category: 2(of 4)

Best time in the category: 10:25

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	2	2:57	21	2:57	1.72	8:36	5:00	2	2:57	21	2:57
Last lap Finish	1.28	6:43	5:14	2	1:57	18	1:57	3.00	15:19	5:06	2	4:54	22	4:54