



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Stüber, Frank

Club: Arnstadt

Number: 164

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 20:39

Speed: 14.53 km/h

Running performance: 4:08 min/km

Rank in course/Total: 5 (of 58)

Rank in course/Men: 5 (of 39)

Best time in course: 17:32

Rank in category: 1(of 3)

Best time in the category: 20:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	5:27	3:56	1	-	7	0:47	1.38	5:27	3:56	1	-	7	0:47
Lap 2	2.34	9:48	4:11	1	-	7	1:55	3.72	15:15	4:05	1	-	6	2:21
Last lap Finish	1.28	5:24	4:13	1	-	5	0:46	5.00	20:39	4:07	1	-	5	3:07