



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Boumann, Jasper

Club: Arnstadt

Number: 125

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 21:58

Speed: 13.66 km/h

Running performance: 4:23 min/km

Rank in course/Total: 9 (of 58)

Rank in course/Men: 8 (of 39)

Best time in course: 17:32

Rank in category: 1(of 4)

Best time in the category: 21:58

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	5:34	4:02	1	-	12	0:54	1.38	5:34	4:02	1	-	12	0:54
Lap 2	2.34	10:29	4:28	1	-	9	2:36	3.72	16:03	4:18	1	-	9	3:09
Last lap Finish	1.28	5:55	4:37	1	-	7	1:17	5.00	21:58	4:23	1	-	8	4:26