



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Neumann, Norman

Club: LSV Lok Arnstadt

Number: 173

Course: 5.00 km

n3 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 21:56

Speed: 13.68 km/h

Running performance: 4:23 min/km

Rank in course/Total: 8 (of 58)

Rank in course/Men: 7 (of 39)

Best time in course: 17:32

Rank in category: 3(of 7)

Best time in the category: 18:14

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	8:18	6:00	6	3:37	38	3:38	1.38	8:18	6:00	6	3:37	38	3:38
Lap 2	2.34	7:56	3:23	1	-	2	0:03	3.72	16:14	4:21	3	3:09	10	3:20
Last lap Finish	1.28	5:42	4:27	3	0:54	6	1:04	5.00	21:56	4:23	3	3:42	7	4:24