



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Zeißecke, Paul

Club: RS Ludwig Bechstein/LG

Number: 2

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

männliche Jugend M12 (12 Jahre)

Total time: 17:11

Speed: 10.48 km/h

Running performance: 5:44 min/km

Rank in course/Total: 37 (of 62)

Rank in course/Men: 24 (of 37)

Best time in course: 10:25

Rank in category: 4(of 5)

Best time in the category: 12:38

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	8:34	4:58	4	1:29	20	2:55	1.72	8:34	4:58	4	1:29	20	2:55
Last lap Finish	1.28	8:37	6:43	4	3:04	28	3:51	3.00	17:11	5:43	4	4:33	24	6:46