



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Münch, Holger

Club: Arnstadt

Number: 25

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 17:41

Speed: 10.18 km/h

Running performance: 5:53 min/km

Rank in course/Total: 42 (of 62)

Rank in course/Men: 26 (of 37)

Best time in course: 10:25

Rank in category: 2(of 3)

Best time in the category: 15:06

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	9:25	5:28	2	0:47	26	3:46	1.72	9:25	5:28	2	0:47	26	3:46
Last lap Finish	1.28	8:16	6:27	2	1:48	25	3:30	3.00	17:41	5:53	2	2:35	26	7:16