



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Beckmann, Reiner

Club: LSV Lok Arnstadt

Number: 172

Course: 5.00 km

n3 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 22:47

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 14 (of 58)

Rank in course/Men: 12 (of 39)

Best time in course: 17:32

Rank in category: 4(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	5:30	3:59	3	0:49	9	0:50	1.38	5:30	3:59	3	0:49	9	0:50
Lap 2	2.34	10:59	4:41	4	3:03	14	3:06	3.72	16:29	4:25	4	3:24	13	3:35
Last lap Finish	1.28	6:18	4:55	5	1:30	15	1:40	5.00	22:47	4:33	4	4:33	12	5:15