



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Bordel, Jan

Club: Arnstadt

Number: 5

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 17:42

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 43 (of 62)

Rank in course/Men: 27 (of 37)

Best time in course: 10:25

Rank in category: 3(of 4)

Best time in the category: 10:25

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	1.72	9:26	5:29	3	3:47	28	3:47	1.72	9:26	5:29	3	3:47	28	3:47
Last lap Finish	1.28	8:16	6:27	3	3:30	25	3:30	3.00	17:42	5:53	3	7:17	27	7:17