



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

**Kaiser, Marco**

Club: Triathlon Jena

Number: 182

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 22:37

Speed: 13.26 km/h

Running performance: 4:31 min/km

Rank in course/Total: 13 (of 58)

Rank in course/Men: 11 (of 39)

Best time in course: 17:32

Rank in category: 1(of 3)

Best time in the category: 22:37

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.38        | 5:30          | 3:59            | 1           | -              | 9           | 0:50          | 1.38          | 5:30          | 3:59            | 1           | -              | 9          | 0:50          |
| Lap 2           | 2.34        | 10:58         | 4:41            | 1           | -              | 13          | 3:05          | 3.72          | 16:28         | 4:25            | 1           | -              | 12         | 3:34          |
| Last lap Finish | 1.28        | 6:09          | 4:48            | 1           | -              | 9           | 1:31          | 5.00          | 22:37         | 4:31            | 1           | -              | 11         | 5:05          |