



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Schumacher, Michael

Club: Arnstadt
Number: 159

Course: 5.00 km
n3 5-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 22:29

Speed: 13.34 km/h
Running performance: 4:30 min/km

Rank in course/Total: 12 (of 58)

Rank in course/Men: 10 (of 39)

Best time in course: 17:32

Rank in category: 2(of 10)

Best time in the category: 17:32

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	5:31	3:59	2	0:51	11	0:51	1.38	5:31	3:59	2	0:51	11	0:51
Lap 2	2.34	10:48	4:36	2	2:34	11	2:55	3.72	16:19	4:23	2	3:25	11	3:25
Last lap Finish	1.28	6:10	4:49	2	1:32	10	1:32	5.00	22:29	4:29	2	4:57	10	4:57