



# 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		Total		Total		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	