



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Tantoh, Julius

Club: Arnstadt

Number: 165

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:09

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 16 (of 58)

Rank in course/Men: 14 (of 39)

Best time in course: 17:32

Rank in category: 2(of 4)

Best time in the category: 21:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.38	5:59	4:20	3	0:25	18	1:19	1.38	5:59	4:20	3	0:25	18	1:19
Lap 2	2.34	10:53	4:39	2	0:24	12	3:00	3.72	16:52	4:32	2	0:49	14	3:58
Last lap Finish	1.28	6:17	4:54	2	0:22	13	1:39	5.00	23:09	4:37	2	1:11	14	5:37