



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kuhne, Hannes

Club: WSV Elgersburg

Number: 150

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 23:31

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 19 (of 58)

Rank in course/Men: 15 (of 39)

Best time in course: 17:32

Rank in category: 3(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	5:42	4:07	3	1:02	14	1:02	1.38	5:42	4:07	3	1:02	14	1:02	
Lap 2	2.34	11:19	4:50	3	3:05	17	3:26	3.72	17:01	4:34	3	4:07	16	4:07	
Last lap Finish	1.28	6:30	5:04	3	1:52	17	1:52	5.00	23:31	4:42	3	5:59	15	5:59	