



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Jacek, Grinholc

Club: Arnstadt

Number: 174

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 23:58

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 22 (of 58)

Rank in course/Men: 18 (of 39)

Best time in course: 17:32

Rank in category: 2(of 3)

Best time in the category: 22:37

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	5:55	4:17	2	0:25	17	1:15	1.38	5:55	4:17	2	0:25	17	1:15
Lap 2	2.34	11:24	4:52	2	0:26	18	3:31	3.72	17:19	4:39	2	0:51	17	4:25
Last lap Finish	1.28	6:39	5:11	2	0:30	18	2:01	5.00	23:58	4:47	2	1:21	18	6:26