



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

Urban, Ole

Club: Arnstadt

Number: 167

Course: 5.00 km

n3 5-km-Lauf

Category:

männliche Jugend M14 (14 Jahre)

Total time: 23:41

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 20 (of 58)

Rank in course/Men: 16 (of 39)

Best time in course: 17:32

Rank in category: 1(of 4)

Best time in the category: 23:41

### 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	5:24	3:54	1	-	6	0:44	1.38	5:24	3:54	1	-	6	0:44
Lap 2	2.34	12:00	5:07	2	4:07	23	4:07	3.72	17:24	4:40	2	3:22	19	4:30
Last lap Finish	1.28	6:17	4:54	1	-	13	1:39	5.00	23:41	4:44	1	-	16	6:09