



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Heinz, Marco

Club: Speedskating Arnstadt e.V.

Number: 137

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 26:12

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 29 (of 58)

Rank in course/Men: 23 (of 39)

Best time in course: 17:32

Rank in category: 4(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	5:44	4:09	2	0:10	15	1:04	1.38	5:44	4:09	2	0:10	15	1:04
Lap 2	2.34	11:46	5:01	3	1:17	19	3:53	3.72	17:30	4:42	3	1:27	20	4:36
Last lap Finish	1.28	8:42	6:47	4	2:47	34	4:04	5.00	26:12	5:14	4	4:14	23	8:40