



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Gutheil, Jürgen

Club: Arnstadt

Number: 11

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 19:18

Speed: 9.33 km/h

Running performance: 6:26 min/km

Rank in course/Total: 49 (of 62)

Rank in course/Men: 30 (of 37)

Best time in course: 10:25

Rank in category: 1(of 1)

Best time in the category: 19:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.72	10:23	6:02	1	-	32	4:44	1.72	10:23	6:02	1	-	32	4:44
Last lap Finish	1.28	8:55	6:57	1	-	30	4:09	3.00	19:18	6:26	1	-	30	8:53