



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

**Krug, Jürgen**

Club: Arnstadt

Number: 149

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 24:48

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 24 (of 58)

Rank in course/Men: 20 (of 39)

Best time in course: 17:32

Rank in category: 1(of 2)

Best time in the category: 24:48

### 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	1.38	6:23	4:37	1	-	21	1:43	1.38	6:23	4:37	1	-	21	1:43
Lap 2	2.34	11:46	5:01	1	-	19	3:53	3.72	18:09	4:52	1	-	21	5:15
Last lap Finish	1.28	6:39	5:11	1	-	18	2:01	5.00	24:48	4:57	1	-	20	7:16