



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

Wedel, Christoph

Club: Arnstadt

Number: 38

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 20:23

Speed: 8.83 km/h

Running performance: 6:47 min/km

Rank in course/Total: 51 (of 62)

Rank in course/Men: 31 (of 37)

Best time in course: 10:25

Rank in category: 4(of 4)

Best time in the category: 10:25

### 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	10:17	5:58	4	4:38	30	4:38	1.72	10:17	5:58	4	4:38	30	4:38
Last lap Finish	1.28	10:06	7:53	4	5:20	33	5:20	3.00	20:23	6:47	4	9:58	31	9:58