



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kronacher, Jens Thorsten

Club: Erfurt-Kühnhausen

Number: 148

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 25:39

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 27 (of 58)

Rank in course/Men: 21 (of 39)

Best time in course: 17:32

Rank in category: 3(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	6:31	4:43	4	0:57	22	1:51	1.38	6:31	4:43	4	0:57	22	1:51
Lap 2	2.34	11:59	5:07	4	1:30	22	4:06	3.72	18:30	4:58	4	2:27	23	5:36
Last lap Finish	1.28	7:09	5:35	3	1:14	21	2:31	5.00	25:39	5:07	3	3:41	21	8:07