



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kirchner, Ralf

Club: LG Ohra Energie

Number: 178

Course: 5.00 km

n3 5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 18:14

Speed: 16.45 km/h

Running performance: 3:39 min/km

Rank in course/Total: 2 (of 58)

Rank in course/Men: 2 (of 39)

Best time in course: 17:32

Rank in category: 1(of 7)

Best time in the category: 18:14

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	4:41	3:23	1	-	2	0:01	1.38	4:41	3:23	1	-	2	0:01
Lap 2	2.34	8:24	3:35	2	0:28	4	0:31	3.72	13:05	3:31	1	-	2	0:11
Last lap Finish	1.28	5:09	4:01	2	0:21	4	0:31	5.00	18:14	3:38	1	-	2	0:42