



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Beyreiß, Sven

Club: Arnstadt

Number: 123

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 26:59

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 31 (of 58)

Rank in course/Men: 25 (of 39)

Best time in course: 17:32

Rank in category: 5(of 10)

Best time in the category: 17:32

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	6:50	4:57	5	2:10	28	2:10	1.38	6:50	4:57	5	2:10	28	2:10
Lap 2	2.34	12:15	5:14	5	4:01	24	4:22	3.72	19:05	5:07	4	6:11	24	6:11
Last lap Finish	1.28	7:54	6:10	7	3:16	26	3:16	5.00	26:59	5:23	5	9:27	25	9:27