



25. Arnstädter Citylauf
 Arnstadt / 25.04.2015

Detailed evaluation

Moring, Gunter

Club: Alkersleben
 Number: 139

Course: 5.00 km
 n3 5-km-Lauf

Category:
 Senioren M30 (30-34 Jahre)

Total time: 26:09

Speed: 11.47 km/h
 Running performance: 5:14 min/km

Rank in course/Total: 28 (of 58)

Rank in course/Men: 22 (of 39)

Best time in course: 17:32

Rank in category: 4(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	7:15	5:15	9	2:35	32	2:35	1.38	7:15	5:15	9	2:35	32	2:35
Lap 2	2.34	11:51	5:03	4	3:37	21	3:58	3.72	19:06	5:08	5	6:12	25	6:12
Last lap Finish	1.28	7:03	5:30	4	2:25	20	2:25	5.00	26:09	5:13	4	8:37	22	8:37