



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Reinsch, Thomas

Club: Arnstadt

Number: 29

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:35

Speed: 7.97 km/h

Running performance: 7:32 min/km

Rank in course/Total: 58 (of 62)

Rank in course/Men: 36 (of 37)

Best time in course: 10:25

Rank in category: 3(of 3)

Best time in the category: 15:06

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	12:05	7:01	3	3:27	36	6:26	1.72	12:05	7:01	3	3:27	36	6:26
Last lap Finish	1.28	10:30	8:12	3	4:02	35	5:44	3.00	22:35	7:31	3	7:29	36	12:10