



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Gutheil, Thomas

Club: Arnstadt
Number: 12

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 22:35

Speed: 7.97 km/h
Running performance: 7:32 min/km

Rank in course/Total: 59 (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: 14:10

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	1.72	12:05	7:01	3	4:10	36	6:26	1.72	12:05	7:01	3	4:10	36	6:26
Last lap Finish	1.28	10:30	8:12	3	4:15	35	5:44	3.00	22:35	7:31	3	8:25	36	12:10