



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kosmetschke, Ralf

Club: Team Formtief

Number: 144

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 27:53

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 33 (of 58)

Rank in course/Men: 26 (of 39)

Best time in course: 17:32

Rank in category: 6(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	6:54	5:00	6	2:14	29	2:14	1.38	6:54	5:00	6	2:14	29	2:14	
Lap 2	2.34	13:20	5:41	6	5:06	26	5:27	3.72	20:14	5:26	6	7:20	27	7:20	
Last lap Finish	1.28	7:39	5:58	5	3:01	22	3:01	5.00	27:53	5:34	6	10:21	26	10:21	