



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Ermisch, Lars

Club: Arnstadt

Number: 127

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 27:55

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 34 (of 58)

Rank in course/Men: 27 (of 39)

Best time in course: 17:32

Rank in category: 3(of 3)

Best time in the category: 22:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.38	6:40	4:49	3	1:10	24	2:00	1.38	6:40	4:49	3	1:10	24	2:00	
Lap 2	2.34	13:32	5:47	3	2:34	28	5:39	3.72	20:12	5:25	3	3:44	26	7:18	
Last lap Finish	1.28	7:43	6:01	3	1:34	24	3:05	5.00	27:55	5:35	3	5:18	27	10:23	