



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Sczygiol, Maik

Club: Arnstadt

Number: 160

Course: 5.00 km

n3 5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 28:19

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 35 (of 58)

Rank in course/Men: 28 (of 39)

Best time in course: 17:32

Rank in category: 7(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.38	7:08	5:10	7	2:28	30	2:28	1.38	7:08	5:10	7	2:28	30	2:28
Lap 2	2.34	13:31	5:46	7	5:17	27	5:38	3.72	20:39	5:33	7	7:45	30	7:45
Last lap Finish	1.28	7:40	5:59	6	3:02	23	3:02	5.00	28:19	5:39	7	10:47	28	10:47