



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Häfner, Sven

Club: WSC-Ober-Unterschönau

Number: 361

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 44:51

Speed: 13.38 km/h

Running performance: 4:29 min/km

Rank in course/Total: 41 (of 104)

Rank in course/Men: 41 (of 85)

Best time in course: 35:37

Rank in category: 1(of 3)

Best time in the category: 44:51

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	1.70	7:30	4:24	1	-	49	1:49	1.70	7:30	4:24	1	-	66	
Lap 2	2.34	10:22	4:25	1	-	37	1:55	4.04	17:52	4:25	1	-	66	
Lap 3	2.34	10:23	4:26	1	-	37	1:57	6.38	28:15	4:25	1	-	66	
Lap 4	2.34	10:51	4:38	1	-	42	2:24	8.72	39:06	4:29	1	-	65	
Last lap Finish	1.28	5:45	4:29	1	-	39	1:09	10.00	44:51	4:29	1	-	41	9:14