



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Apel, Lorenz

Club: Zella-Mehlis

Number: 391

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 57:35

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 96 (of 104)

Rank in course/Men: 81 (of 85)

Best time in course: 35:37

Rank in category: 14(of 14)

Best time in the category: 35:37

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.70	9:22	5:30	13	3:41	81	3:41	1.70	9:22	5:30	14	3:41	26	1:39	
Lap 2	2.34	13:45	5:52	13	5:18	80	5:18	4.04	23:07	5:43	14	8:59	26	3:43	
Lap 3	2.34	13:28	5:45	13	5:02	76	5:02	6.38	36:35	5:44	14	14:01	25	5:43	
Lap 4	2.34	13:40	5:50	14	5:13	80	5:13	8.72	50:15	5:45	14	19:14	25	8:20	
Last lap Finish	1.28	7:20	5:43	14	2:44	79	2:44	10.00	57:35	5:45	14	21:58	81	21:58	