



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Kneist, Hans

Club: Erfurter LAC

Number: 158

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend M15 (15 Jahre)

Total time: 18:42

Speed: 16.04 km/h

Running performance: 3:44 min/km

Rank in course/Total: 3 (of 50)

Rank in course/Men: 3 (of 27)

Best time in course: 18:35

Rank in category: 2(of 2)

Best time in the category: 18:39

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	1.39	4:45	3:25	1	-	1	-	1.39	4:45	3:25	2			26	
Lap 2	2.35	9:03	3:51	2	0:04	3	0:05	3.74	13:48	3:41	2	0:02		26	
Last lap Finish	1.30	4:54	3:46	2	0:01	3	0:03	5.00	18:42	3:44	2	0:03		3	0:07