



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Körner, Max

Club: Erfurter LAC

Number: 159

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend M14 (14 Jahre)

Total time: 19:09

Speed: 15.67 km/h

Running performance: 3:50 min/km

Rank in course/Total: 4 (of 50)

Rank in course/Men: 4 (of 27)

Best time in course: 18:35

Rank in category: 1(of 5)

Best time in the category: 19:09

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	4:48	3:27	1	-	4	0:03	1.39	4:48	3:27	1	-	25	
Lap 2	2.35	9:24	4:00	1	-	5	0:26	3.74	14:12	3:47	1	-	25	
Last lap Finish	1.30	4:57	3:48	1	-	5	0:06	5.00	19:09	3:49	1	-	4	0:34