



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Herzer, Nils

Club: Erfurter LAC

Number: 157

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend M14 (14 Jahre)

Total time: 19:47

Speed: 15.16 km/h

Running performance: 3:58 min/km

Rank in course/Total: 6 (of 50)

Rank in course/Men: 6 (of 27)

Best time in course: 18:35

Rank in category: 2(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	5:15	3:46	2	0:27	7	0:30	1.39	5:15	3:46	2	0:27	23		
Lap 2	2.35	9:29	4:02	2	0:05	6	0:31	3.74	14:44	3:56	2	0:32	23		
Last lap Finish	1.30	5:03	3:53	2	0:06	6	0:12	5.00	19:47	3:57	2	0:38	6	1:12	