



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Frontke, Thomas

Club: SV 1899 Mühlhausen

Number: 191

Course: 5.00 km

5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 20:01

Speed: 14.99 km/h

Running performance: 4:00 min/km

Rank in course/Total: 8 (of 50)

Rank in course/Men: 7 (of 27)

Best time in course: 18:35

Rank in category: 1(of 3)

Best time in the category: 20:01

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	5:16	3:47	1	-	8	0:31	1.39	5:16	3:47	1	-	22		
Lap 2	2.35	9:29	4:02	1	-	6	0:31	3.74	14:45	3:56	1	-	22		
Last lap Finish	1.30	5:16	4:03	1	-	7	0:25	5.00	20:01	4:00	1	-	7	1:26	