



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Höhn, Jörg

Club: SV 1899 Mühlhausen

Number: 209

Course: 5.00 km

5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 20:46

Speed: 14.45 km/h

Running performance: 4:09 min/km

Rank in course/Total: 13 (of 50)

Rank in course/Men: 9 (of 27)

Best time in course: 18:35

Rank in category: 1(of 2)

Best time in the category: 20:46

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	5:25	3:53	1	-	9	0:40	1.39	5:25	3:53	1	-	20	
Lap 2	2.35	9:50	4:11	1	-	9	0:52	3.74	15:15	4:04	1	-	20	
Last lap Finish	1.30	5:31	4:14	1	-	11	0:40	5.00	20:46	4:09	1	-	9	2:11