



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Bialozyt, Michael

Club: Speedskating Arnstadt e.V.

Number: 177

Course: 5.00 km

5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 20:58

Speed: 14.31 km/h

Running performance: 4:11 min/km

Rank in course/Total: 14 (of 50)

Rank in course/Men: 10 (of 27)

Best time in course: 18:35

Rank in category: 1(of 3)

Best time in the category: 20:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.39	5:43	4:06	1	-	11	0:58	1.39	5:43	4:06	1	-	10	
Lap 2	2.35	9:57	4:14	1	-	10	0:59	3.74	15:40	4:11	1	-	18	
Last lap Finish	1.30	5:18	4:04	1	-	8	0:27	5.00	20:58	4:11	1	-	10	2:23