



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Sahl, Andreas

Club: RSV Adler Arnstadt

Number: 201

Course: 5.00 km

5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 22:42

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 17 (of 50)

Rank in course/Men: 12 (of 27)

Best time in course: 18:35

Rank in category: 2(of 3)

Best time in the category: 20:01

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.39	5:56	4:16	2	0:40	13	1:11	1.39	5:56	4:16	2	0:40	17	
Lap 2	2.35	10:59	4:40	2	1:30	12	2:01	3.74	16:55	4:31	2	2:10	17	
Last lap Finish	1.30	5:47	4:26	2	0:31	13	0:56	5.00	22:42	4:32	2	2:41	12	4:07