



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Raabe, Andreas

Club: Ohra Energie

Number: 205

Course: 5.00 km

5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 23:07

Speed: 12.98 km/h

Running performance: 4:37 min/km

Rank in course/Total: 19 (of 50)

Rank in course/Men: 14 (of 27)

Best time in course: 18:35

Rank in category: 3(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.39	6:03	4:21	3	0:47	14	1:18	1.39	6:03	4:21	3	0:47	1	-
Lap 2	2.35	11:01	4:41	3	1:32	13	2:03	3.74	17:04	4:33	3	2:19	1	-
Last lap Finish	1.30	6:03	4:39	3	0:47	14	1:12	5.00	23:07	4:37	3	3:06	14	4:32