



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Chemnitz, Benjamin

Club: Jesuborn

Number: 211

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend M14 (14 Jahre)

Total time: 24:05

Speed: 12.46 km/h

Running performance: 4:49 min/km

Rank in course/Total: 22 (of 50)

Rank in course/Men: 15 (of 27)

Best time in course: 18:35

Rank in category: 3(of 5)

Best time in the category: 19:09

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	6:19	4:32	4	1:31	17	1:34	1.39	6:19	4:32	3	1:31	14	0:16
Lap 2	2.35	11:23	4:50	3	1:59	16	2:25	3.74	17:42	4:43	3	3:30	14	0:38
Last lap Finish	1.30	6:23	4:54	3	1:26	16	1:32	5.00	24:05	4:48	3	4:56	15	5:30