



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

van der Heyde, Marc

Club: ThSV 1886 Geschwenda

Number: 194

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 25:42

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 27 (of 50)

Rank in course/Men: 19 (of 27)

Best time in course: 18:35

Rank in category: 2(of 2)

Best time in the category: 19:19

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	6:16	4:30	2	1:13	16	1:31	1.39	6:16	4:30	2	1:13	13	0:13
Lap 2	2.35	12:31	5:19	2	3:10	20	3:33	3.74	18:47	5:01	2	4:23	13	1:43
Last lap Finish	1.30	6:55	5:19	2	2:00	20	2:04	5.00	25:42	5:08	2	6:23	19	7:07