



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Heinz, Marco

Club: Speedskating Arnstadt e.V.

Number: 181

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 25:23

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 25 (of 50)

Rank in course/Men: 17 (of 27)

Best time in course: 18:35

Rank in category: 3(of 4)

Best time in the category: 18:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.39	6:42	4:49	3	1:56	20	1:57	1.39	6:42	4:49	3	1:56	11	0:39
Lap 2	2.35	12:03	5:07	4	3:05	19	3:05	3.74	18:45	5:00	3	5:01	11	1:41
Last lap Finish	1.30	6:38	5:06	4	1:47	18	1:47	5.00	25:23	5:04	3	6:48	17	6:48