



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Hein, Michael

Club: Katholische Laufjugend Arnstadt

Number: 165

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 25:54

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 28 (of 50)

Rank in course/Men: 20 (of 27)

Best time in course: 18:35

Rank in category: 4(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.39	7:35	5:27	4	2:49	25	2:50	1.39	7:35	5:27	4	2:49	9	1:32
Lap 2	2.35	12:01	5:06	3	3:03	17	3:03	3.74	19:36	5:14	4	5:52	9	2:32
Last lap Finish	1.30	6:18	4:50	3	1:27	15	1:27	5.00	25:54	5:10	4	7:19	20	7:19