



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Krisch, Michael

Club: ZWEI-TAKT-TEAM

Number: 196

Course: 5.00 km

5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 26:50

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 30 (of 50)

Rank in course/Men: 21 (of 27)

Best time in course: 18:35

Rank in category: 1(of 1)

Best time in the category: 26:50

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	6:34	4:43	1	-	19	1:49	1.39	6:34	4:43	1	-	8	0:31
Lap 2	2.35	13:18	5:39	1	-	22	4:20	3.74	19:52	5:18	1	-	8	2:48
Last lap Finish	1.30	6:58	5:21	1	-	21	2:07	5.00	26:50	5:21	1	-	21	8:15