



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Kempe, Norbert

Club: ÉTV LuK/SG Haarhausen

Number: 198

Course: 5.00 km

5-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 27:01

Speed: 11.10 km/h

Running performance: 5:24 min/km

Rank in course/Total: 32 (of 50)

Rank in course/Men: 22 (of 27)

Best time in course: 18:35

Rank in category: 2(of 2)

Best time in the category: 20:46

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	6:57	5:00	2	1:32	22	2:12	1.39	6:57	5:00	2	1:32	4	0:54
Lap 2	2.35	13:05	5:34	2	3:15	21	4:07	3.74	20:02	5:21	2	4:47	7	2:58
Last lap Finish	1.30	6:59	5:22	2	1:28	22	2:08	5.00	27:01	5:24	2	6:15	22	8:26