



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Ribienski, Georg

Club: LSV Lok Arnstadt

Number: 170

Course: 5.00 km

5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 28:05

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 35 (of 50)

Rank in course/Men: 24 (of 27)

Best time in course: 18:35

Rank in category: 1(of 1)

Best time in the category: 28:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.39	6:57	5:00	1	-	22	2:12	1.39	6:57	5:00	1	-	4	0:54
Lap 2	2.35	13:23	5:41	1	-	23	4:25	3.74	20:20	5:26	1	-	4	3:16
Last lap Finish	1.30	7:45	5:57	1	-	25	2:54	5.00	28:05	5:36	1	-	24	9:30