



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Zeiger, Christian

Club: SV 02 Arnstadt

Number: 189

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend M14 (14 Jahre)

Total time: 30:00

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 41 (of 50)

Rank in course/Men: 26 (of 27)

Best time in course: 18:35

Rank in category: 5(of 5)

Best time in the category: 19:09

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	7:58	5:43	5	3:10	26	3:13	1.39	7:58	5:43	5	3:10	3	1:55
Lap 2	2.35	14:27	6:08	5	5:03	26	5:29	3.74	22:25	5:59	5	8:13	3	5:21
Last lap Finish	1.30	7:35	5:49	5	2:38	23	2:44	5.00	30:00	6:00	5	10:51	26	11:25