



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt
Number: 164

Course: 5.00 km
5-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 36:32

Speed: 8.21 km/h

Running performance: 7:19 min/km

Rank in course/Total: 49 (of 50)

Rank in course/Men: 27 (of 27)

Best time in course: 18:35

Rank in category: 3(of 3)

Best time in the category: 20:58

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	9:42	6:58	3	3:59	27	4:57	1.39	9:42	6:58	3	3:59	2	3:39
Lap 2	2.35	17:24	7:24	3	7:27	27	8:26	3.74	27:06	7:14	3	11:26	2	10:02
Last lap Finish	1.30	9:26	7:15	3	4:08	27	4:35	5.00	36:32	7:18	3	15:34	27	17:57