



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Münster, Marian

Club: LSV Lok Arnstadt

Number: 335

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 35:37

Speed: 16.85 km/h

Running performance: 3:34 min/km

Rank in course/Total: 1 (of 104)

Rank in course/Men: 1 (of 85)

Best time in course: 35:37

Rank in category: 1(of 14)

Best time in the category: 35:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Lap 1	1.70	5:41	3:20	1	-	1	-	1.70	5:41	3:20	1	-	64	
Lap 2	2.34	8:27	3:36	1	-	1	-	4.04	14:08	3:29	1	-	64	
Lap 3	2.34	8:26	3:36	1	-	1	-	6.38	22:34	3:32	1	-	75	
Lap 4	2.34	8:27	3:36	1	-	1	-	8.72	31:01	3:33	1	-	74	
Last lap Finish	1.28	4:36	3:35	1	-	1	-	10.00	35:37	3:33	1	-	1	-