



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Holland-Moritz, Denny

Club: RTV Haselgrund

Number: 343

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 36:40

Speed: 16.36 km/h

Running performance: 3:40 min/km

Rank in course/Total: 4 (of 104)

Rank in course/Men: 4 (of 85)

Best time in course: 35:37

Rank in category: 3(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	6:05	3:34	4	0:24	6	0:24	1.70	6:05	3:34	3	0:24	58	
Lap 2	2.34	8:41	3:42	3	0:14	4	0:14	4.04	14:46	3:39	3	0:38	61	
Lap 3	2.34	8:40	3:42	3	0:14	4	0:14	6.38	23:26	3:40	3	0:52	61	
Lap 4	2.34	8:35	3:40	3	0:08	4	0:08	8.72	32:01	3:40	3	1:00	61	
Last lap Finish	1.28	4:39	3:37	3	0:03	4	0:03	10.00	36:40	3:39	3	1:03	4	1:03