



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Fritsch, Alexander

Club: LSV Lok Arnstadt

Number: 332

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 37:24

Speed: 16.04 km/h

Running performance: 3:44 min/km

Rank in course/Total: 5 (of 104)

Rank in course/Men: 5 (of 85)

Best time in course: 35:37

Rank in category: 4(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			Pos		Behind	
						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	9:07	3:53	5	0:40	9	0:40	4.04	15:12	3:45	4	1:04	60	
Lap 3	2.34	8:47	3:45	4	0:21	5	0:21	6.38	23:59	3:45	4	1:25	60	
Lap 4	2.34	8:43	3:43	4	0:16	5	0:16	8.72	32:42	3:45	4	1:41	60	
Last lap Finish	1.28	4:42	3:40	4	0:06	5	0:06	10.00	37:24	3:44	4	1:47	5	1:47