



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Freitag, Roman

Club: Katholische Laufjugend Arnstadt
Number: 323

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 41:06

Speed: 14.60 km/h
Running performance: 4:07 min/km

Rank in course/Total: 19 (of 104)

Rank in course/Men: 19 (of 85)

Best time in course: 35:37

Rank in category: 6(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 | 6:41 | 3:55 | 7 | 1:00 | 25 | 1:00 | 1.70 | 6:41 | 3:55 | 6 | 1:00 | 22 | |
| Lap 2 | 2.34 | 9:49 | 4:11 | 6 | 1:22 | 22 | 1:22 | 4.04 | 16:30 | 4:05 | 6 | 2:22 | 46 | |
| Lap 3 | 2.34 | 9:42 | 4:08 | 6 | 1:16 | 18 | 1:16 | 6.38 | 26:12 | 4:06 | 6 | 3:38 | 46 | |
| Lap 4 | 2.34 | 9:54 | 4:13 | 6 | 1:27 | 20 | 1:27 | 8.72 | 36:06 | 4:08 | 6 | 5:05 | 46 | |
| Last lap Finish | 1.28 | 5:00 | 3:54 | 6 | 0:24 | 9 | 0:24 | 10.00 | 41:06 | 4:06 | 6 | 5:29 | 19 | 5:29 |