



# 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	