



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Machalett, Marcel

Club: FFW Haarhausen

Number: 311

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 42:50

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 29 (of 104)

Rank in course/Men: 29 (of 85)

Best time in course: 35:37

Rank in category: 8(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			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	6:58	4:05	9	1:17	43	1:17	1.70	6:58	4:05	8	1:17	78	
Lap 2	2.34	10:13	4:21	8	1:46	32	1:46	4.04	17:11	4:15	8	3:03	78	
Lap 3	2.34	10:08	4:19	7	1:42	28	1:42	6.38	27:19	4:16	8	4:45	78	
Lap 4	2.34	10:07	4:19	8	1:40	27	1:40	8.72	37:26	4:17	8	6:25	77	
Last lap Finish	1.28	5:24	4:13	7	0:48	25	0:48	10.00	42:50	4:16	8	7:13	29	7:13