



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Schnauß, Markus

Club: Katholische Laufjugend Arnstadt
Number: 326

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 42:57

Speed: 13.97 km/h
Running performance: 4:18 min/km

Rank in course/Total: 30 (of 104)

Rank in course/Men: 30 (of 85)

Best time in course: 35:37

Rank in category: 4(of 11)

Best time in the category: 37:38

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	6:54	4:03	7	0:50	37	1:13	1.70	6:54	4:03	4	0:50	67	
Lap 2	2.34	10:11	4:21	5	1:21	31	1:44	4.04	17:05	4:13	4	2:11	65	
Lap 3	2.34	10:03	4:17	3	1:11	24	1:37	6.38	27:08	4:15	4	3:22	77	
Lap 4	2.34	10:08	4:19	4	1:09	29	1:41	8.72	37:16	4:16	4	4:31	76	
Last lap Finish	1.28	5:41	4:26	5	0:48	36	1:05	10.00	42:57	4:17	4	5:19	30	7:20