



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Roubitschek, Silvio

Club: SV Hermsdorf

Number: 350

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:02

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 31 (of 104)

Rank in course/Men: 31 (of 85)

Best time in course: 35:37

Rank in category: 4(of 12)

Best time in the category: 38:36

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	6:57	4:05	7	0:37	41	1:16	1.70	6:57	4:05	5	0:03	65	
Lap 2	2.34	10:08	4:19	4	1:00	29	1:41	4.04	17:05	4:13	5		65	
Lap 3	2.34	10:06	4:18	4	1:03	26	1:40	6.38	27:11	4:15	4	2:40	76	
Lap 4	2.34	10:12	4:21	4	1:05	31	1:45	8.72	37:23	4:17	4	3:45	75	
Last lap Finish	1.28	5:39	4:24	5	0:41	35	1:03	10.00	43:02	4:18	4	4:26	31	7:25