



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

Schadwinkel, Andy

Club: GMRV Langewiesen

Number: 315

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 43:11

Speed: 13.89 km/h

Running performance: 4:19 min/km

Rank in course/Total: 32 (of 104)

Rank in course/Men: 32 (of 85)

Best time in course: 35:37

Rank in category: 9(of 15)

Best time in the category: 36:27

### 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	6:28	3:48	6	0:29	20	0:47	1.70	6:28	3:48	9	0:29	75		
Lap 2	2.34	9:57	4:15	8	1:17	25	1:30	4.04	16:25	4:03	9	1:46	75		
Lap 3	2.34	10:17	4:23	9	1:39	33	1:51	6.38	26:42	4:11	7	3:25	64		
Lap 4	2.34	10:19	4:24	9	1:47	33	1:52	8.72	37:01	4:14	9	5:12	64		
Last lap Finish	1.28	6:10	4:49	11	1:32	56	1:34	10.00	43:11	4:19	9	6:44	32	7:34	