



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

Wächter, Hartmut

Club: LSV Lok Arnstadt

Number: 369

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 43:22

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 34 (of 104)

Rank in course/Men: 34 (of 85)

Best time in course: 35:37

Rank in category: 2(of 4)

Best time in the category: 39:38

### 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	6:47	3:59	2	0:30	32	1:06	1.70	6:47	3:59	2	0:30	68		
Lap 2	2.34	10:19	4:24	2	1:04	36	1:52	4.04	17:06	4:13	2	1:34	34		
Lap 3	2.34	10:20	4:24	2	0:57	35	1:54	6.38	27:26	4:17	2	2:31	73		
Lap 4	2.34	10:20	4:24	2	0:50	34	1:53	8.72	37:46	4:19	2	3:21	72		
Last lap Finish	1.28	5:36	4:22	2	0:23	33	1:00	10.00	43:22	4:20	2	3:44	34	7:45	