



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Winter, Torsten

Club: SV Icktershausen

Number: 353

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:28

Speed: 13.80 km/h

Running performance: 4:21 min/km

Rank in course/Total: 35 (of 104)

Rank in course/Men: 35 (of 85)

Best time in course: 35:37

Rank in category: 5(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	6:43	3:57	4	0:39	27	1:02	1.70	6:43	3:57	5	0:39	72		
Lap 2	2.34	10:08	4:19	4	1:18	29	1:41	4.04	16:51	4:10	5	1:57	72		
Lap 3	2.34	10:21	4:25	5	1:29	36	1:55	6.38	27:12	4:15	5	3:26	72		
Lap 4	2.34	10:29	4:28	5	1:30	37	2:02	8.72	37:41	4:19	5	4:56	71		
Last lap Finish	1.28	5:47	4:31	7	0:54	40	1:11	10.00	43:28	4:20	5	5:50	35	7:51	