



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Wolfig, Uwe

Club: Plaue
Number: 402

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:43

Speed: 13.72 km/h
Running performance: 4:22 min/km

Rank in course/Total: 36 (of 104)

Rank in course/Men: 36 (of 85)

Best time in course: 35:37

Rank in category: 5(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	6:53	4:02	5	0:33	36	1:12	1.70	6:53	4:02	6			71	
Lap 2	2.34	10:29	4:28	6	1:21	43	2:02	4.04	17:22	4:17	6			71	
Lap 3	2.34	10:37	4:32	5	1:34	39	2:11	6.38	27:59	4:23	5	3:28		71	
Lap 4	2.34	10:21	4:25	5	1:14	36	1:54	8.72	38:20	4:23	5	4:42		70	
Last lap Finish	1.28	5:23	4:12	4	0:25	24	0:47	10.00	43:43	4:22	5	5:07		36	8:06