



23. Arnstädter Citylauf
Arnstadt / 27.04.2013

Detailed evaluation

Lindenlaub, Ralf

Club: Geraberg
Number: 394

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 43:46

Speed: 13.71 km/h
Running performance: 4:23 min/km

Rank in course/Total: 38 (of 104)

Rank in course/Men: 38 (of 85)

Best time in course: 35:37

Rank in category: 6(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	6:57	4:05	8	0:53	41	1:16	1.70	6:57	4:05	6	0:53	65	
Lap 2	2.34	10:17	4:23	6	1:27	35	1:50	4.04	17:14	4:15	6	2:20	70	
Lap 3	2.34	10:33	4:30	6	1:41	38	2:07	6.38	27:47	4:21	6	4:01	70	
Lap 4	2.34	10:35	4:31	6	1:36	38	2:08	8.72	38:22	4:23	6	5:37	69	
Last lap Finish	1.28	5:24	4:13	3	0:31	25	0:48	10.00	43:46	4:22	6	6:08	38	8:09