



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

Hey, Herbert

Club: LTV Erfurt

Number: 396

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 43:45

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 37 (of 104)

Rank in course/Men: 37 (of 85)

Best time in course: 35:37

Rank in category: 1(of 4)

Best time in the category: 43:45

### 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	7:27	4:22	1	-	48	1:46	1.70	7:27	4:22	1	-	69	
Lap 2	2.34	10:25	4:27	1	-	42	1:58	4.04	17:52	4:25	1	-	66	
Lap 3	2.34	10:15	4:22	1	-	32	1:49	6.38	28:07	4:24	1	-	69	
Lap 4	2.34	10:02	4:17	1	-	24	1:35	8.72	38:09	4:22	1	-	68	
Last lap Finish	1.28	5:36	4:22	1	-	33	1:00	10.00	43:45	4:22	1	-	37	8:08