



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt

Number: 345

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 44:40

Speed: 13.43 km/h

Running performance: 4:28 min/km

Rank in course/Total: 40 (of 104)

Rank in course/Men: 40 (of 85)

Best time in course: 35:37

Rank in category: 10(of 15)

Best time in the category: 36:27

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	6:54	4:03	10	0:55	37	1:13	1.70	6:54	4:03	10	0:55	67		
Lap 2	2.34	10:24	4:26	10	1:44	41	1:57	4.04	17:18	4:16	10	2:39	67		
Lap 3	2.34	10:55	4:39	10	2:17	43	2:29	6.38	28:13	4:25	10	4:56	67		
Lap 4	2.34	10:44	4:35	10	2:12	41	2:17	8.72	38:57	4:28	10	7:08	66		
Last lap Finish	1.28	5:43	4:27	9	1:05	37	1:07	10.00	44:40	4:28	10	8:13	40	9:03	