



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Weirauch, Olaf

Club: RSV Blau Weiß Gera

Number: 389

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 44:57

Speed: 13.35 km/h

Running performance: 4:30 min/km

Rank in course/Total: 42 (of 104)

Rank in course/Men: 42 (of 85)

Best time in course: 35:37

Rank in category: 6(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	6:44	3:57	3	0:24	28	1:03	1.70	6:44	3:57	7			34	
Lap 2	2.34	10:22	4:25	5	1:14	37	1:55	4.04	17:06	4:13	7			34	
Lap 3	2.34	10:46	4:36	6	1:43	40	2:20	6.38	27:52	4:22	6	3:21		65	
Lap 4	2.34	11:06	4:44	8	1:59	45	2:39	8.72	38:58	4:28	6	5:20		33	
Last lap Finish	1.28	5:59	4:40	9	1:01	51	1:23	10.00	44:57	4:29	6	6:21		42	9:20