



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

Trefflich, Denny

Club: Bittstädt

Number: 371

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 45:18

Speed: 13.25 km/h

Running performance: 4:32 min/km

Rank in course/Total: 43 (of 104)

Rank in course/Men: 43 (of 85)

Best time in course: 35:37

Rank in category: 4(of 13)

Best time in the category: 38:00

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.70	6:41	3:55	4	0:36	25	1:00	1.70	6:41	3:55	4	0:36	22	
Lap 2	2.34	10:52	4:38	4	2:03	46	2:25	4.04	17:33	4:20	4	2:39	22	
Lap 3	2.34	10:55	4:39	4	2:02	43	2:29	6.38	28:28	4:27	4	4:41	33	
Lap 4	2.34	10:56	4:40	4	1:46	43	2:29	8.72	39:24	4:31	4	6:27	21	
Last lap Finish	1.28	5:54	4:36	4	0:51	41	1:18	10.00	45:18	4:31	4	7:18	43	9:41