



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Herrmann, Maik

Club: Laufftreff Arnstadt

Number: 364

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 45:23

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 44 (of 104)

Rank in course/Men: 44 (of 85)

Best time in course: 35:37

Rank in category: 8(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			Total ranking		Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.			
Lap 1	1.70	6:45	3:58	5	0:41	30	1:04	1.70	6:45	3:58	8	0:41	21		
Lap 2	2.34	10:22	4:25	7	1:32	37	1:55	4.04	17:07	4:14	8	2:13	21		
Lap 3	2.34	10:57	4:40	8	2:05	45	2:31	6.38	28:04	4:23	8	4:18	21		
Lap 4	2.34	11:21	4:51	9	2:22	50	2:54	8.72	39:25	4:31	8	6:40	20		
Last lap Finish	1.28	5:58	4:39	9	1:05	49	1:22	10.00	45:23	4:32	8	7:45	44	9:46	