



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Olm, Patrick

Club: SRL-Sportclub-Arnstadt e.V.
Number: 348

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:35

Speed: 12.88 km/h
Running performance: 4:40 min/km

Rank in course/Total: 46 (of 104)

Rank in course/Men: 45 (of 85)

Best time in course: 35:37

Rank in category: 5(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	7:10	4:12	5	1:05	45	1:29	1.70	7:10	4:12	5	1:05	20	
Lap 2	2.34	11:00	4:42	5	2:11	47	2:33	4.04	18:10	4:29	5	3:16	20	
Lap 3	2.34	11:09	4:45	5	2:16	47	2:43	6.38	29:19	4:35	5	5:32	20	
Lap 4	2.34	11:20	4:50	5	2:10	48	2:53	8.72	40:39	4:39	5	7:42	19	
Last lap Finish	1.28	5:56	4:38	5	0:53	45	1:20	10.00	46:35	4:39	5	8:35	45	10:58