



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Reinhardt, Christian

Club: Sonntagsläufer Tambach-Dietharz

Number: 347

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:58

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 47 (of 104)

Rank in course/Men: 46 (of 85)

Best time in course: 35:37

Rank in category: 9(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	7:38	4:29	9	1:34	52	1:57	1.70	7:38	4:29	9	1:34	19	
Lap 2	2.34	11:00	4:42	9	2:10	47	2:33	4.04	18:38	4:36	9	3:44	19	
Lap 3	2.34	11:08	4:45	9	2:16	46	2:42	6.38	29:46	4:39	9	6:00	19	
Lap 4	2.34	11:16	4:48	8	2:17	46	2:49	8.72	41:02	4:42	9	8:17	18	
Last lap Finish	1.28	5:56	4:38	8	1:03	45	1:20	10.00	46:58	4:41	9	9:20	46	11:21