



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Wild, Günter

Club: Weimar

Number: 359

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:14

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 49 (of 104)

Rank in course/Men: 47 (of 85)

Best time in course: 35:37

Rank in category: 7(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	9:01	5:18	12	2:41	75	3:20	1.70	9:01	5:18	8	2:07	18	1:18
Lap 2	2.34	10:43	4:34	8	1:35	45	2:16	4.04	19:44	4:53	8	2:18	18	0:20
Lap 3	2.34	10:52	4:38	7	1:49	42	2:26	6.38	30:36	4:47	7	6:05	18	
Lap 4	2.34	10:43	4:34	6	1:36	40	2:16	8.72	41:19	4:44	7	7:41	17	
Last lap Finish	1.28	5:55	4:37	7	0:57	43	1:19	10.00	47:14	4:43	7	8:38	47	11:37