



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Walther, Ralph

Club: USV Jena

Number: 358

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:18

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 51 (of 104)

Rank in course/Men: 48 (of 85)

Best time in course: 35:37

Rank in category: 8(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		Total		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	7:59	4:41	9	1:39	59	2:18	1.70	7:59	4:41	9	1:05	17	0:16
Lap 2	2.34	11:16	4:48	10	2:08	52	2:49	4.04	19:15	4:45	9	1:49	17	
Lap 3	2.34	11:13	4:47	8	2:10	48	2:47	6.38	30:28	4:46	8	5:57	17	
Lap 4	2.34	10:56	4:40	7	1:49	43	2:29	8.72	41:24	4:44	8	7:46	16	
Last lap Finish	1.28	5:54	4:36	6	0:56	41	1:18	10.00	47:18	4:43	8	8:42	48	11:41