



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

**Reiche, Frank**

Club: Ichttershausen

Number: 317

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 47:39

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 52 (of 104)

Rank in course/Men: 49 (of 85)

Best time in course: 35:37

Rank in category: 4(of 7)

Best time in the category: 40:36

### 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	7:09	4:12	4	0:36	44	1:28	1.70	7:09	4:12	4	0:36	16	
Lap 2	2.34	11:19	4:50	4	1:51	53	2:52	4.04	18:28	4:34	4	2:27	16	
Lap 3	2.34	11:38	4:58	5	2:07	55	3:12	6.38	30:06	4:43	4	4:34	16	
Lap 4	2.34	11:35	4:57	4	1:57	53	3:08	8.72	41:41	4:46	4	6:31	15	
Last lap Finish	1.28	5:58	4:39	4	0:41	49	1:22	10.00	47:39	4:45	4	7:03	49	12:02