



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Söbke, Heinrich

Club: fit & run Weimar

Number: 405

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:55

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 54 (of 104)

Rank in course/Men: 50 (of 85)

Best time in course: 35:37

Rank in category: 9(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 min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.70	8:11	4:48	10	1:51	67	2:30	1.70	8:11	4:48	10	1:17	15	0:28
Lap 2	2.34	11:13	4:47	9	2:05	50	2:46	4.04	19:24	4:48	10	1:58	1	-
Lap 3	2.34	11:14	4:48	9	2:11	49	2:48	6.38	30:38	4:48	9	6:07	15	
Lap 4	2.34	11:18	4:49	9	2:11	47	2:51	8.72	41:56	4:48	9	8:18	14	0:01
Last lap Finish	1.28	5:59	4:40	9	1:01	51	1:23	10.00	47:55	4:47	9	9:19	50	12:18